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PREPAREDNESS

The Journal of Freedom and Self-Reliant Living **JOURNAL** 

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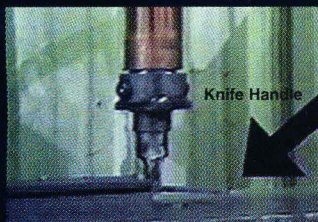
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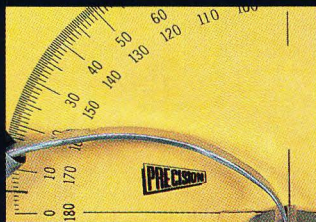


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Free Hanging Rope
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Steel Puncture
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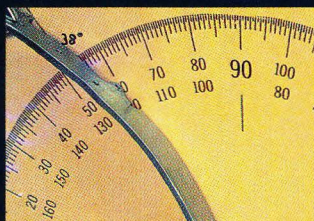


Wood Chopping
of 2x4's chopped thru & knife still shaves

BUSSE 20



Nearest
Competitor
11

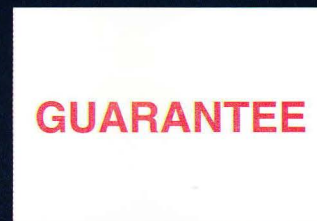


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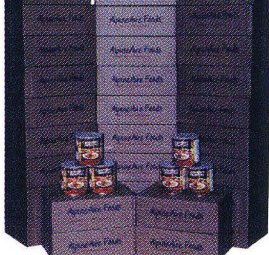
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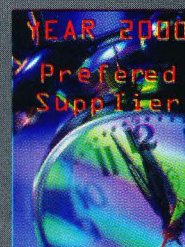
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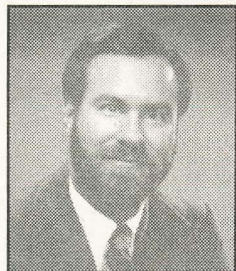
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Editor of The National Investor newsletter, Chris Temple has earned a rapidly growing following through his easily understandable explanation of how the financial markets work and interact, as you will discover in the feature article **Y2K Crisis: Worse Rather Than Better**. Chris has distinguished himself as a reliable authority on the financial markets in general and on precious metals in particular.

DIANE CARSON

Diane believes the first basis for all good health is pure water. We drink water to bathe the insides of our bodies and pull off toxins. If you drink toxic water you can't have a healthy body that is performing at it's peak. In her article, **Your Water, Your Hormones!**, Diane shares the findings of her extensive research on water filtration and purification.



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Mark Metcalf is the author of numerous articles on banishing disease with colloidal silver. He is one of the leading advocates of making your own colloidal silver and has become a sought after guest on radio programs across the country. His article is titled: **Colloidal Silver, Vaccines and Pharmaceutical Drugs - Will the Safest and Most Effective Remedy Please Stand Up?**

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Kurt J. Billings has a unique view of the trappings of Mind Control and the Government Experiments. In 1985 he began working with and counseling survivors of various types of occultic and mind control programming. Kurt co-authored *Somewhere Under the Rainbow* in 1989 and authored *A Generation Deceived* in 1993, from which he has drawn extensively to pen the feature article: **Mind Control and the New Millennium**.

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Editorial

Is it my imagination or is time compressing? It seems that most of last year went by in somewhat of a blur. I'm sure that you feel it, because most folks that I talk to mention feeling something similar. Why do you think this is?

Actually, there are some really good reasons for this phenomenon. First, we are all getting a little older (or at least I am) and I've always been told that time goes faster and faster as this delightful fact of life occurs.

Another reason may have something to do with the information age being fully upon us. There is so much sensory input bombarding us nowadays (what with worldwide news coverage, clever tv ads, professional sports, cutesy sitcoms, celebrity talk shows, magazines and newspapers, etc. etc.), that the ability to savor time as it sweetly passes has been greatly lessened.

The third reason is that with the calendar about to flip into the new century as well as an entirely new millennium, there has been a strong feeling of trepidation about this momentous event. Almost everyone seems to be somewhat nervous or excited about our arrival at this incredible juncture. Just ponder for a moment how rare of an event we are all about to witness.

But the most incredible reason of all, at least to me is Y2K. Everything had been pretty calm early last year until all of the sudden, around April, everything went crazy. It was then that the Year 2000 Computer Crisis broke into several mainstream news programs. Ever since then, the entire preparedness industry has been swamped by an exponential increase in demand for information and products. People are literally pounding the doors down to get provisions that could help them and their loved ones stay safe in the event of a major upheaval.

All the preparedness related companies that I have talked to for the last 9 months have been working around the

clock to try and meet the new demand for their services. In all honesty, I have to say that they are doing a tremendous job handling the strain. Many companies have had to staff up and tool up several times over. It is hard to say how long they will be able to keep up but so far, so good.

Well, this brings me to our own story of growth. Between the Preparedness Journal, the Expo and the new Preparedness Mall (see page 63) we have grown immensely over the past year. We have tried to keep up with this wave of popularity with our regular crew through the year of '98, but found that some of the projects suffered greatly. So this year, we have been lucky enough to find several very competent individuals to assist us with the challenges that this next year is sure to bring. In closing, I want to say thank you to you, our readers for your unwavering patience and steadfastness in these changing times. We promise to bring you an ever-improving publication throughout this year and through the challenging days ahead of us. -LMA

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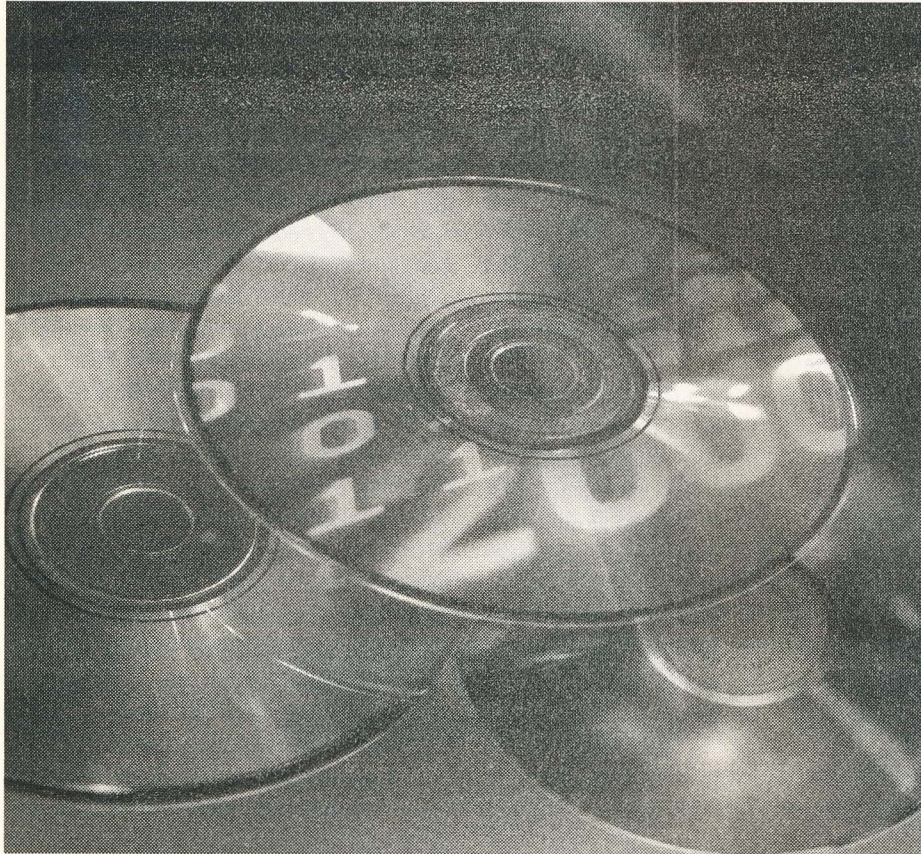
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Y2K Crisis: Worse Rather Than Better

By Chris Temple



In these last few months, coverage and commentary on the Year 2000 Problem has intensified, and now comes from everywhere. One would have thought that the passage of time would see us getting closer to having this problem licked; but, alas, in many respects that does not seem to be the case.

I want to go one-by-one through various areas and give you a capsule of where the U.S. and its financial and economic components stand—and what it all means.

First, A Bit of Optimism

It would be fair to begin by pointing out that two sources who have previously been among the more noteworthy “Nervous Nellies” about Y2K have softened their tone of late. One of the best-known watchdogs of the Year 2000

Problem—Stamford, Connecticut-based information technology firm Gartner Group—has just come out with a new forecast, shifting from last year’s “gloomy” and “pessimistic” attitude to being “cautiously optimistic” that major problems will be averted.

“We’re not faced with Armageddon,” Gartner Group analyst Andy Kyte was recently quoted as saying in a St. Petersburg Times article, though “there will be some disruptions.” While not everything will be in place by Jan. 1, 2000, the Gartner analysts said at a Florida conference last month, some of the catastrophic scenarios that have been painted should be averted. The firm still sticks to its assessment however, that fixing the Y2K bug will cost governments and industry some \$600 billion in direct costs before they’re done.

Similarly, well-known Y2K prophet Peter de Jager—whose “Doomsday 2000” article in a 1993 issue of *Computer World* catapulted both he and the issue to the forefront—now believes that civilization won’t be destroyed after all. “Three months after (the start of) the Year 2000, things will be pretty much back to normal,” he opined prior to a recent Y2K conference in San Francisco.

While not changing his views on the seriousness of the problem, de Jager claims that enough larger concerns are on top of the problem that those smaller businesses, local governments and other entities that do fall down will merely cause inconveniences, and not threaten the entire economy and social structure. He still maintains, however, that the problems that do occur will be sufficient to cause a worldwide recession. De Jager—a native of South Africa—has one of the more popular web sites on Y2K; it can be found at www.year2000.com.

Banking and Finance

Some things can be allowed to “slip” for a while without single-handedly bringing down the economy—but as I’ve said before, the one cog that cannot have significant failure is the payments system. For the most part, the banking and securities industries are largely on top of the problem. As I have long predicted, in fact, both the Federal Reserve and securities regulators are tolerating no shirkers—and are beginning to make examples of some.

For his part, Fed Governor Roger Ferguson commented during a recent meeting of U.S. and European central bank officials that regulatory authorities needed to be ready to act to insure that financial institutions are ready for the date change. Officials must monitor banks closely and, he said, “bring regulatory authority into action” should there be institutions which fall behind.

Continued on page 10

Y2K Crisis: Worse Rather Than Better: continued

Continued from page 9

"We do not want complacency to set in—and the good news is that complacency does not seem to be setting in," he added, while stressing that banking regulators will tolerate nothing less than a 100 per cent effort in the industry.

The Securities and Exchange Commission has taken an even harder-line approach, becoming the first U.S. federal-level agency to punish Y2K laziness. The agency recently levied fines as high as \$100,000 on 37 brokerage firms for failing to report on their levels of readiness. The National Association of Securities Dealers has also joined in, taking action against some 60 of its members.

"The S.E.C. has done everyone a favor by pointing out who is paying attention, and who is not," commented Randy Winn, a Seattle-based attorney specializing in liability issues within the computer industry. "The S.E.C. action is most significant to small businesses using these brokerages. The ones that failed to make their filings either have something wrong with their infrastructure or something wrong with their attitude—either way, the customer might think twice about relying on them."

Commission Chairman Arthur Levitt has distinguished himself for his concern for businesses and individual investors, and can be counted on to ratchet up the pressure on his industry. To keep up with news on this front, go to the agency's Internet site, at www.sec.gov/.

A final comment with regards to mutual funds—while a recent Morningstar report was fairly upbeat on the mutual fund industry being logistically prepared, it was noteworthy to find unanimous comments from fund families that they are not in a position to guarantee Y2K compliance where their portfolio holdings are concerned. This is especially true with emerging market funds. As if the myriad of reasons I've given in the past to stay away from this quagmire are not sufficient, just wait to see how difficult it will be for funds investing overseas to even price their shares once Y2K troubles kick in!

While the top of the financial food chain may be on track, problems at lower

levels, though, may be more widespread than previously thought. One indicator was in a recent issue of USA Today discussing the steady increase in the number Y2K-related problems reported by analysts from 500 investment banks and brokerage firms; the number of worrisome reports has more than doubled since this past spring.

Government

Before leaving town, solons on Capitol Hill passed—and President Clinton signed—legislation aimed at beefing up Washington's efforts to whip the Millennium Bug. Not only did the Congress appropriate a few billion more for the effort but—perhaps more importantly, for now—legislation dubbed the "Good Samaritan Bill" was passed.

The purpose of the bill is to ensure that concerns over liability and even antitrust issues do not have a chilling effect on sharing essential Year 2000 information, and encourages industry and government to cooperate freely. For example, businesses that share information in good faith cannot be sued if later the information proves to be confusing or misleading. However, if businesses deliberately lie, the bill will not protect them. A good idea, of course—and one more measure that guarantees that, no matter who else wins and loses, the legal profession will keep very busy.

While this was a good and well-intentioned move on the federal government's part, its own efforts continue to disappoint. The top Year 2000 watchdog in the House—Rep. Steve Horn (R-CA), recently gave the Clinton/Gore Administration a "D" on its overall efforts. The chairman of the House Government Reform and Oversight Subcommittee on Government Management, Information and Technology, gave failing grades to six agencies: the departments of Health and Human Services, Energy, State, Justice, and Education, and the Agency for International Development. Horn did, however, hail three agencies: the Social Security Administration, the National Science Foundation and the Small Business Administration, giving each an "A" grade, and calling Social Security a "role model" for other agencies.

"Many people in the federal government are working hard on the Year 2000 problem," Horn commented. "Progress is being made, but it is not being made fast enough."

According to a wide range of reports, state and local governments are in even more dire straits. At thousands of city halls and county office buildings across the country, the risks posed by the Year 2000 bug, no matter how remote they may seem, are huge. This is where crimes are solved and fires doused, water delivered and sewage disposed of—all with the help of computers. Here in Wisconsin (and I assume in other states as well), state officials are already resigned to most likely using the National Guard to deliver some supplies and maintain order, particularly if police agencies, utilities and other services go haywire even temporarily.

With scarcely over 350 days to go until the new millennium, many of the nation's 87,259 local governments, including 17,000 police departments and 32,000 fire departments, have not done anything to get ready. A well-publicized survey in New York recently found that 54% of towns, 48% of villages and 26% of cities have not made any viable plans for fixing the bug.

A preliminary survey of 402 California cities, counties and special districts found 25% have no Year 2000 action plan, and 42% have no funds budgeted. The District of Columbia needs \$117 million, six times more than it has budgeted—and it still won't be ready on time, according to one expert. "Send lawyers, guns and money. This is a big deal," advises Steve Kolodney, chairman of the Year 2000 Committee of the National Association of State Information Resource Executives. "Treat this as a war-time effort."

Business/Economy

At a recent economic confab in Houston, Fed Governor Ed Kelley stated that he was "cautiously optimistic that the millennium bug will not cause major economic disruptions when it bites." He did, however, give an apparent warning to Wall Street that it need not worry about a major rebound in corporate profits, stating that, "Uncertainty about the ultimate

effectiveness of Y2K remediation programs already is affecting corporate investment and production plans and obviously will be with us until at least January, 2000."

I think even this is an overly optimistic scenario—and that we face a far more dramatic slowdown in economic activity at some point. As Kelley himself intimated, inventory building in some quarters is likely to temporarily increase next year as insurance against potential supply shortages. This may well boost orders and production in some industries in 1999, giving a false sense that the economy is back on a fundamental upswing. But stockpiled goods then would be sold off in 2000, so that "the net effect on the aggregate economy probably is negative," Kelley said.

If the Millennium Bug caused trouble at a time of otherwise good economic news and strong, fundamental growth, it would be bad enough. Coming at a time, though, of recessionary and deflationary rumblings means that Y2K will exacerbate things. Most Y2K "experts" have the debate backwards: monetary and financial considerations are going to cause a worldwide recession—not

the Millennium Bug! Rather, the Bug will dramatize the economic troubles that are already unfolding.

I remain convinced—as if the recent tendencies we've seen in credit markets were not evidence enough—that we will see banks scared half to death to loan anybody money a year from now. Kelley spoke to this fear, stating that, "...we will be prepared to lend whatever sums may be needed to financial institutions through the discount window under appropriate circumstances to provide needed reserves to the banking system." At the same time, however, state and federal banking regulators have plans to increasingly use banks as a tool to force private companies to become Y2K compliant. Companies that don't have a plan to handle Y2K could be denied loans and even have lines of credit revoked. Adding to the already edgy feeling that lenders will have, a credit crunch can ensue—throwing us into deeper recession—whether the Fed eases further or not.

Also likely to adversely affect business activity is the transportation/power telecommunications infrastructure. It increasingly looks as though there will be at

least temporary disruptions in most parts of the country.

Other Dates

According to the Gartner Group, many Y2K problems will appear before the calendar reads January 1, 2000, based on software and data base programs used by business and government. In fact, only about 20 percent of the problem is expected to occur on January 1, 2000. Some important dates coming up include:

—January 1, 1999: Some computers actually have been programmed to look ahead one entire year and look backward to determine the date. Some may look forward and see "00," and balk at having to count backward from zero.

—January 1, 1999 to December 31, 2002: Banks and other financial institutions will begin doing business in the Euro in January—and for the next few years, many believe, the changeover for both this and Y2K will strain systems—and pull programmers away from all but the largest and richest concerns.

—August 21, 1999: At midnight, the internal counters in the world's 24 global

Continued on page 12



BEANS

12 #10 cans: 1 10-bean mix, 1 baby lima beans, 1 black eyed beans, 1 black turtle beans, 1 garbanzo beans, 1 great northern beans, 1 kidney beans, 1 navy beans, 1 pinto beans, 1 small red beans, 1 small white beans, 1 soybeans

BREAKFASTS

12 #10 cans: 1 egg mix (for scrambling), 2 six-grain granola pancake mix, 1 germade creamed wheat, 1 potato hashbrowns, 1 nine-grain cracked cereal, 1 quick oats, 1 granola, 1 instant non-fat milk, 1 chocolate milk, 1 orange drink, 1 peach drink

DAIRY

18 #10 cans: 1 butter powder, 1 buttermilk powder, 1 cheese sauce, 1 whole eggs (for baking), 1 egg mix (for scrambling or baking), 1 egg white, 4 morning moos milk, 1 regular milk, 1 chocolate milk, 6 instant non-fat milk

FRUITS

9 #10 cans: 1 peach flavored apple flakes, 1 strawberry flavored apple flakes, 1 banana slices, 1 apple slices, 1 applesauce, 1 golden raisins, 1 freeze-dried blueberry, 1 freeze-dried raspberry, 1 freeze-dried strawberry

DRINKS

6 #10 cans: 1 apple drink, 1 orange drink, 1 peach drink, 1 cocoa mix, 1 mint truffle cocoa, 1 orange creme cocoa

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6 #10 cans: 1 potato dices, 1 potato flakes, 1 potato granules, 2 potato slices, 1 potato hashbrowns

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Y2K Crisis: Worse Rather Than Better: continued

Continued from page 11

positioning satellites will be full—the resulting GPS “rollover problem” has many fearing of failures in land-based devices dependent on the satellites.

—September 9, 1999: Many older mainframes in particular have been programmed to recognize “9999” as an “end-of-file” command, and may not wait until 1/1/2000 to shut down; they’ll conclude, rather logically, that September 9 is the end of time (for them.)

—October 1, 1999: Washington begins the 2000 fiscal year. Every federal function will be affected, making Congressman Horn’s somber forecast noted earlier even more acute. Pensioners, Medicare patients, veterans and everyone else will be holding their breath.

By the time we get to—and past—January 1 and through the first quarter 2000, we will also have seen all 50 states and their subdivisions commence their fiscal or calendar accounting years, together with corporations large and small. Gartner says that by the end of 2000’s first quarter, up to half of all enterprises will experience at least one interruption of a critical part of its operation, but lasting less than three days in the vast majority of cases.

The “New World Order” In Danger

Last but certainly not least, I also remain firmly convinced that—together with the decaying and discrediting of international finance that is already going on—the Y2K mess will help to blow exploitative, global debt capitalism right out of the water! The Gartner Group—which as I mentioned holds a bit more hope now for the U.S.—also states that other major countries lag. Europe is worrying about their new currency; and as I’ve mentioned more than once myself, is incapable of switching over to the Euro and becoming Year 2000 compliant. Japan is still trying to figure out how to get out of a 10-year recession, and is similarly behind us.

Here again, existing trends will be exacerbated by the Millennium Bug. We are already seeing the unraveling of speculative bubbles around the world. Now, the inherent flaws of debt are coming home to roost; trade wars will escalate, “protectionist” sentiment will rise—as will nationalism. The talking heads on television will blame these reactions to debt capitalism’s failures with causing even more trouble; the truth, of course, is that the very nature of the world economy and monetary system dictates that artificial booms, stock bubbles and overproduction must always unwind at some point. Add to this developing situation added turmoil from Y2K’s impact on cross-border transactions, and you have a recipe for everyone learning the hard way to do business closer to home.

For those worried about “The New World Order,” take heart. The debate should be changing here as well (and will, if I have anything to say about it.) Some claim the New World Order and globalism are coming—the FACT is, they’ve been here for decades.

The real, exciting issue now is that the New World Order is on the ropes, threatened by an unraveling of the global debt/financial

structure as well as the knock-out punch that could be delivered by the Millennium Bug. While every one of you reading these words should take precautions to protect and provide for themselves in the face of the economic disruptions that are coming, you should at the same time be excited at the prospect that globalism’s days may well be numbered.

Chris Temple is the editor of the highly respected financial newsletter, The National Investor. He has graciously put together a special offer exclusively for readers of The Preparedness Journal. A special 6-month trial subscription to The National Investor is available for only \$65.00 (the regular annual subscription rate is \$149.00). In addition to the regular monthly issues, subscribers have unlimited usage of Temple’s Hotline updates, a “members-only” web page, answers to personal questions on specific investments and financial needs, discounts on recommended financial books and tapes, and much more.

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Surviving the Year 2000 Computer Meltdown

By Jim Lord

Just imagine ... Has everyone gone crazy? No, just the computers. It's Y2K, the "Millennium Time Bomb."

Do We Have a Catastrophe? This article is about the worst technical problem the world has ever faced - The Year 2000 Computer Problem (also called "Y2K"). At the very least, Y2K will cause significant disruptions across every aspect of our society. At the very worst, it could bring the greatest economic and social calamity the world has known since the Great Depression.

What is Y2K?

Y2K is short for "Year 2000." (The letter "K" is an abbreviation for the Latin word "kilo" meaning one thousand.) The problem can be easily described in just two short sentences: First, many computers use two digit years, (such as, "97" instead of "1997"). And second, these computers can make errors when they try to use "00" for the Year 2000.

From the dawn of the computer age, shortcuts have been taken in the way computers use dates. Indeed, we do the same thing ourselves when we refer to the year as "ninety seven" instead of "nineteen ninety seven." As human beings, we can easily interpret this shorthand but many computers won't be able to handle this lack of precision as we approach the year 2000.

Some of these computers will simply stop operating. For example, the Social Security Administration discovered their Y2K Problem in 1989 when a major system crashed while trying to use the year "00" in a calculation. Other computers will continue working but will provide incorrect results. For example, there were so many instances of false rejections of credit cards with "00" expiration years, that MasterCard, Visa and American Express temporarily

stopped issuing cards with expirations later than 1999.

These problems might not sound too bad until you consider that the computer that stops working might be the one that writes your paycheck. Or, the one that doesn't work correctly makes a mistake in processing your mortgage payment. Or, one of those really old computers at the IRS botches your income tax return.



What Could Happen?

Here are examples of some of the social, economic and personal difficulties that might be caused by Y2K.

- Erroneous termination or incorrect payment of government benefits such as Social Security, welfare, food stamps and pensions
- Rampant medical malpractice as patients are refused, misdiagnosed or treated for the wrong condition
- The collapse of banks, insurance companies, brokerage houses and stock exchanges
- Massive business failures as tens of thousands of companies declare bankruptcy rather than pay the costs of repairing their computer systems
- The contamination of legal information such as real estate transaction records, driver's license

data, income and property tax records and voter registration files

- Massive and persistent outages of electrical power, water, sewage treatment and telephone service
 - Widespread disruptions in emergency services such as police, fire fighter and ambulance
 - The most severe traffic jams ever seen
 - Riots and civil disturbances in the major cities
- Oh, and don't let me forget ...
- The greatest explosion of liability lawsuits in history !

Well, this sounds pretty silly! It's hard to believe such a silly little thing as a two digit year could cause such a big problem. If that's what you're thinking, you have lots of company. And in a way, you're absolutely right - Y2K is a simple problem. It's clearly understood by the technical community and any decent programmer can fix it in a jiffy. So what's the big deal? The answer to this question is one of the two most critical points of this article. It is this - the SIZE of the problem IS the problem. Here's a story which illustrates this point.

The plumber who installed your kitchen sink used an adhesive "goop" to seal up the joints in your water pipes. Imagine that the particular tube of adhesive he used that day was defective. This morning, in one little place, the goop dissolved and now, your water pipe is leaking. Well, it's a little inconvenient for sure but, in the grand, cosmic scheme of life, your problem is actually pretty simple. It's easy to understand and it is certainly not hard to fix. There are lots of plumbers to call.

Industry experts estimate there are six hundred billion pipe joints in the

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Surviving the Year 2000 Computer Meltdown: continued

Continued from page 13

world. Each and every one must be inspected, then the bad joints have to be repaired and finally, each system must be fully tested. The total cost will average out to about one dollar per joint.

Now let your imagination just roam around for awhile and ponder this situation. Soon, you will realize this thing is really complicated. In your own house, for example, some of those pipe joints are very hard to get to - inside the walls, underground etc. Then there are the pipes in the factories, apartment buildings, skyscrapers, hospitals, underneath city streets, inside automobiles, airplanes, trains, ships, nuclear power plants and so on and so on.

This little tale clearly illustrates the real nature of the Year 2000 Problem. It is not really a technical problem at all - it is a resource management problem. The numbers used above are correct. Each one of those pipe joints represents a single line of computer code. Studies estimate there are about six hundred billion lines of code and each line has to be inspected and fixed if it is bad then tested. The problem is, we have waited so long to get started, we no longer have enough time. In other words, the SIZE of the problem IS the problem.

For a time, there were claims Y2K was an artificial problem, a scare tactic cooked up by the information technology industry to create business. There are still detractors but their voices are fading as more and more of the big companies begin their Y2K remediation efforts. For example: Prudential Life Insurance is spending about \$120 million to fix its Y2K Problem, Chase-Manhattan Bank has budgeted \$250 million, and Federal Express expects to spend \$500 million

General Motors, the largest corporation in the world, has said they have two billion lines of computer code to inspect and repair. Since the going rate today for Y2K repair costs is around \$1.00-1.50 per line of code,

GM will need to spend two to three billion dollars!

It's pretty hard to imagine these big corporations could all be hoodwinked into foolishly spending such serious money on some phony problem cooked up by a band of snake oil salesmen. In fact, if there is any certain way to be completely convinced that Y2K is a deadly, survival issue, it is to talk to the people at these big

...“unlike natural disasters such as fires, floods, this catastrophe has a precise schedule”...

companies who are working on the problem. I do this every day and I can tell you with great certainty - the engineers and programmers actually working on the problem are thoroughly convinced!

What Does The Government Say?

Numerous Congressional hearings have been conducted and a major study was done by the Congressional Research Service (part of the Library of Congress). Here's a quote from their report,

“The majority of US businesses and government agencies will likely not fix all of their computer systems before the start of the new millennium.” Congressional Record, Aug 11, 1996

In a letter to President Clinton in July, 1996, Senator Moynihan (D-NY) said, “Dear Mr. President: ... I write to alert you to a problem which could have extreme negative ... consequences. The ‘Year 2000 Virus’... (A study) ...by the Congressional Research Service... substantiates the worst fears of the doomsayers. The computer has been a blessing; if we don't act quickly however, it could become the curse of the age.” Congressional Record, Aug 11, 1996.

What Does The Press Say?

Here are quotes from several prominent sources concerning the Year 2000 Problem.

- We could end up with a real catastrophe. - Washington Post, Sep 15, 1996.

- Almost everyone who's looked at the problem agrees ... it's profound and potentially disastrous. - Newsweek, Jun 20, 1996.

- A doomsday clock is counting off the seconds. - Sacramento Bee, Jul 14, 1996.

- The absolute worst case ... is a global financial meltdown. - Business Week, Aug 12, 1996.

- Could it really happen? ... Incredibly, according to computer experts, ... the answer is yes, yes, 2,000 times yes! - Newsweek, Jun 2, 1997 (Cover Story).

- Doomsday scenarios (portray) images of satellites falling from the sky, a global financial crash, nuclear meltdowns, hospital life-support systems shutting down, the collapse of the air-traffic system, and a wayward ballistic missile. - New York Times, Apr 2, 1997 (Front Page).

A Unique Crisis

One of the most unusual characteristics of the Year 2000 Problem is that, unlike natural disasters such as fires, floods, hurricanes and earthquakes, this catastrophe has a precise schedule. We know, right down to the second, exactly when the most dangerous part of the crisis will occur - midnight on New Year's Eve, December 31, 1999. This knowledge is a blessing, of course, because it aids us greatly in making plans for dealing with the emergency.

It is very dangerous, however, to think the problem is one year away. Y2K is a highly complex and multi-faceted problem. It is causing many computer failures today and there are many potential failure dates between now and the century “roll—over.” Consider this example.

I hope by now you realize your preparations for the Year 2000 Computer Problem must start immediately. There is far less time to prepare than is apparent. This is the second major point of this article: Y2K peaks in the Year 2000 but it's here now.

- Stay home. There are specific dates when you should pull back into your "castle" both for your own safety and to protect your home itself, typically a family's most valuable material asset. This is not a veiled recommendation to turn your home into an armed fortress. I am speaking instead about the physical safety of your property. Y2K will bring about widespread disruptions in basic utilities such as electrical power, gas, water, sewage treatment and telephone service.

- Store necessities such as food, water, consumables, and fuel. Keep an amount of actual cash on hand sufficient to take care of immediate needs for two or three months in case the banks and ATM's aren't working. If you are reading this article, the basic concept of maintaining a storage program should be familiar. Such a program is fundamental to the preparedness mentality and is the ultimate disaster insurance policy.

- Own gold and silver coins A cache of "real money" will ensure you are always able to carry on essential

economic transactions, even when basic economic and financial systems fail outright. This is another concept that should be very familiar to readers of this magazine.

Wrapping Up

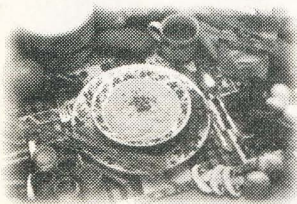
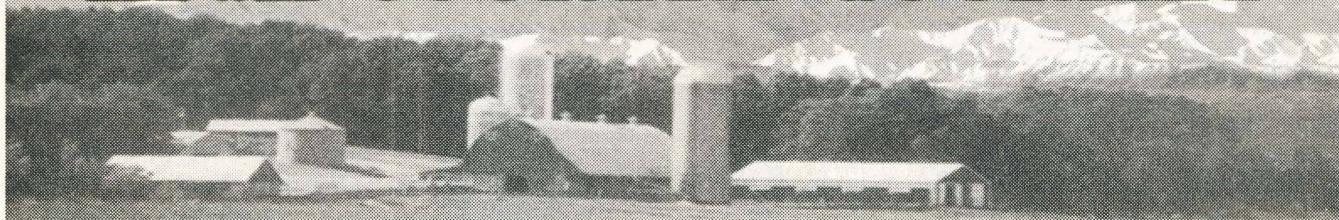
The Year 2000 Crisis is the most dangerous and widespread technical calamity ever faced by mankind. No one can foretell precisely when and where a natural disaster will strike. Y2K, on the other hand, will strike everywhere in the world. All at once. Rich and poor; young and old; men, women, and children; guilty and innocent; lazy and slothful; and the fully prepared alike will all feel its effects.

Please understand; I am not an alarmist and the purpose of this article is not to cause panic but to encourage preparation. My greatest hope is that little of what I foresee actually occurs. As each day goes by, however, I am more and more convinced that most of it will actually happen. I hope this article inspires the reader to make preparations for

this "storm," because the wind is picking up and the sky is turning dark. And, this disaster, I guarantee, will arrive exactly on schedule.

Jim Lord is a very widely recognized authority regarding the Year 2000 Computer Crisis. He is the author of the book titled, "A Survival Guide for the Year 2000 Problem." He has also started "Jim Lord's Year 2000 Survival Newsletter." The book provides a foundation for understanding the Year 2000 Problem and a comprehensive set of practical actions the average individual can take to prepare for the crisis. The newsletter provides late breaking guidance based on current Y2K developments including decisions by government policy makers and business leaders. Taken together, these two products constitute a comprehensive resource for preparing oneself against the Y2K threat. For further information, call 888-925-2555 or write to: 1322 C. Crain Hwy #335 Bowie MD 20716.

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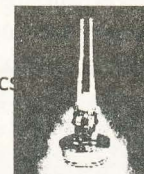
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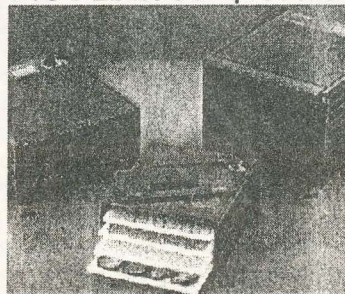
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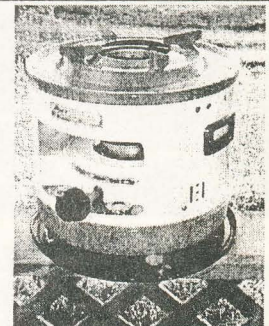
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Mind Control and the New Millennium

By Kurt Billings

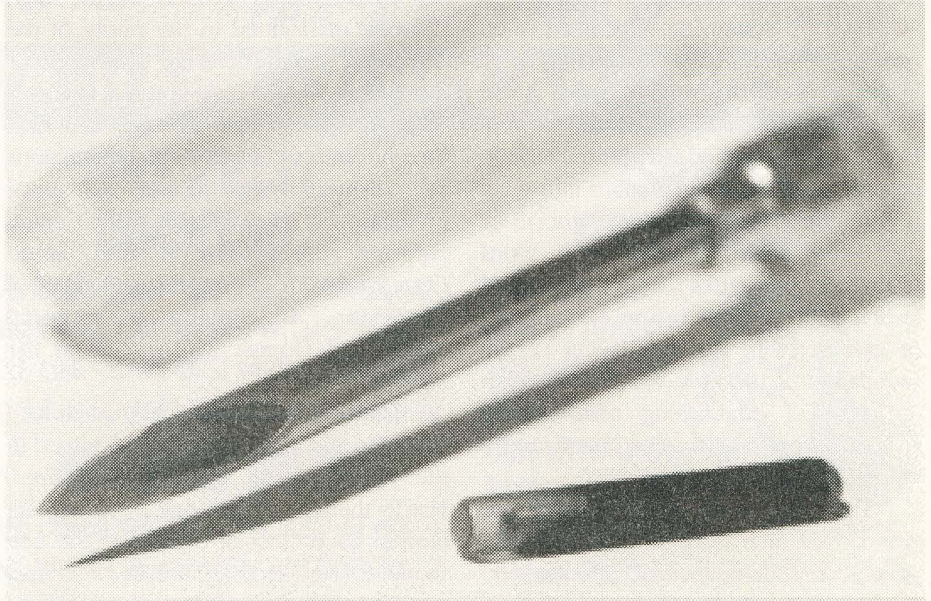
Is our government using us as human Guinea pigs? Is our government drugging us, brainwashing our kids in the schools and implanting microchips in us? Are they using nonlethal weapons on us, are they using radiation on us, are they using psycho surgery and electronic mind control methods on us? Are they reprogramming people's whole personalities? I'm sorry to say that the answer to all of these questions and more is YES.

Our government is guilty of the same atrocities and more as those committed in the Nazi concentration camps. These practices are not just happening to an isolated group of people, they are happening to everyday, normal people. No one is immune. No one is out of their grasp. And who is underwriting the research and technological advancements being used in these experiments? You, the American taxpayer.

Since most people are unaware of the origins mind control, I am going to give you a brief overview of some of the history of mind control before I jump in and discuss the technological advances currently being used. I will first give you a brief overview of myself before I get into the nitty gritty of what our government is subjecting us to today.

I became aware of our government's involvement at a very young age as my father and two uncles worked for the OSI which later became the CIA. One of my uncles provided security for some of the doctors and scientists that were brought over from post-Nazi Germany to the United States by our government. This operation was called Operation Paperclip which we will get into further in the article.

Many people ask me how I became interested in researching mind control and working with survivors of mind control. It was really a natural



progression after being raised in an environment where many of these government experiments were openly discussed as I was a child growing up. I started a ministry in 1982 where I began working with street gangs, satanism and ritual abuse victims. By 1985 I was being approached by local police officials to periodically consult on satanic ritual abuse crimes. In 1992, I wrote a book on the brainwashing of our children in the public schools. Since the 1980's I've been working on and off with counselors, psychologists and psychiatrists who work with clients victimized by domestic abuse and government mind control experiments.

Now that you know some of my background lets get started on our historical overview. The use of mind control has been going on since the beginning of time in one form or another. In order that we all begin on the same page, I will begin our overview with discussing the mystery religions of Babylon and Egypt and continue through current day.

The Babylonians and the Egyptians helped lay a foundation for occultism and the seeking of hidden knowledge or "enlightenment." In these religion's earliest writings they give reference to rituals where abuse takes place describing methods of torture to create trauma. The writings also cite the use of potions as drugging agents and the use of witchcraft and hypnotism to enslave their victims. It was through these means that they were attempting to control the masses.

Another attempt at controlling the masses is documented in history during the 13th century when the Catholic Church used inquisitions to bring the masses under control. Those who did not submit to the beliefs of the leaders were eliminated. They were labeled heretics, witches or any other socially accepted "crime" of the time and persecuted.

Once again history shows us an attempt to control the minds of the people. Their choices were convert, conform or die. Without getting into great detail on the specifics of one religion or

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Mind Control and the New Millennium: continued

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another, these few examples document efforts to control the people through the use of religious institutions, a practice that was continued through the centuries in one form or another by most if not all of the various religious groups.

By 1776 systematic, organized mind control was beginning to rear its ugly head. A Bavarian Jesuit named Adam Weishaupt was commissioned by the House of Rothschild to centralize the powers of the mystery religions into what is commonly known as the Illuminati or the "enlightened ones." The word Illuminati originates from the word Lucifer which means "bearer of the light." In essence, this was the laying of the foundation of the new world order with the goal of establishing a one-world religion, a one-world government and a one-world banking system.

This one-world goal aligned the world's very rich with the most powerful generational bloodlines of Satanism. So we have the joining of Satanists and the super rich reaching out for the supreme power—control of the people. Spinning out from this Illuminati spider web came many organizations permeated with satanism such as the Bilderbergers, the Club of Rome, the OTO, the Golden Dawn, Rosicrucian, the Shriners, Palladium Masonry, and Scottish Rite Masonry, just to name a few.

To illustrate just how successful the Illuminati has been in permeating our society with their one-world agenda, we will look a little further into just one of their offshoot organizations, the Scottish Rite Masons. As we delve into this discussion keep in mind that all but two of our U.S. presidents, Kennedy and Lincoln, were Masons of the 32nd degree or higher and that a large number of senators, congressmen, governors, judges, lawyers and police chiefs are also Masons of the 32nd degree or higher.

So who are the Masons and to what oath do our governmental and judicial officials pledge when they become 30th, 31st and 32nd degree Freemasons? There is a quote from Albert Pike listed on

pages 220 and 221 of Occult Theocracy by Queenborough that instructs, "To you, Sovereign, Grand Inspectors General, we say this, that you may repeat it to the Brethren of the 32nd, 31st and 30th degrees — The Masonic religion should be, by all of us initiates of the high degrees, maintained in the purity of the Luciferian doctrine." Pike issued these instructions to the 23 Supreme Councils of the world on July 14, 1889 at which time he simultaneously held the positions of Sovereign Pontiff of Universal Freemasonry, Grand Master of the Central Directory of Washington, and Grand Commander of the Supreme Council of Charleston. Additionally he authored Morals and Dogma which acted as the Masonic "bible."

Lets take a closer look at this quote—"the Masonic religion" and "maintained in the purity of the Luciferian doctrine." Hardly the type of oath one would expect elected governmental officials of the free world to be pledging unless of course you understand the plot of the Illuminati, a secret society of LUCIFERIANs, to overthrow the government of the United States by the year 2000 and create a global dictatorship. By pledging an allegiance to a LUCIFERIAN-based religious organization, albeit masked by good deeds, our governmental and judicial officials are becoming underlings of the new world order and pawns and puppets of the Illuminati.

Back to our overview; in the late 1800's and early 1900's the study of psychology and psychiatry greatly advanced methods of mind control. In the early 1900's the basis for human mind control through conditioning and hypnosis was being set in motion by Ivan Pavlov when he conducted experiments in which dogs were fed after the ringing of a bell. The dogs would salivate when they were given the food. After a period of conditioning or "programming," simply ringing the bell would "trigger" the dogs to salivate.

From the beginning of time the bottom line has always been power and control. With the knowledge of mind

control emerging from the "new" science studies of the mind, the new world order realized that the group that perfected this "new" science would have the knowledge that would enable them to control the world. This quest for world dominance brought about the funding of Travistock in England and the Kaiser Wilhelm Institute in Germany by the plutocrats which included the Rockefeller Foundation as well as many others. In 1932 Travistock was led by Kurt Lewin, a German psychologist. Studies during this time were focused on mind control experiments to determine the "breaking point" of the human psyche.

At this same time the Nazis were coming to power in Germany and were conducting Eugenics experiments to create a new master race. A top SS officer, Heinrich Himmler, headed a project named Lebersborn in which children were selectively bred. Many of these bred children were genetically engineered sets of twins that were separated and "placed" in adoptive families, tracked and studied. These pairs of separated twins were viewed as the ultimate study in behavior modification because they were able to use one twin as a control point to gage the other twin's response.

The programming used on these children was quite sophisticated and included programming that would respond to trigger code words, mnemonic cues and audio-reversed messages and tones that activated the programming. This "new" science had reached a level of critical mass and the repercussions would shape not only the coming war years but life thereafter.

As war broke out, the concentration camps gave Hitler's SS officers an unlimited supply of victims on which to further dissect the human psyche and perfect their ability to engineer an Aryan race. The studies begun by Himmler on twins were so barbarically advanced by Joseph Mengele at Auschwitz that they are still referred to today as Mengele's twins. These experiments were

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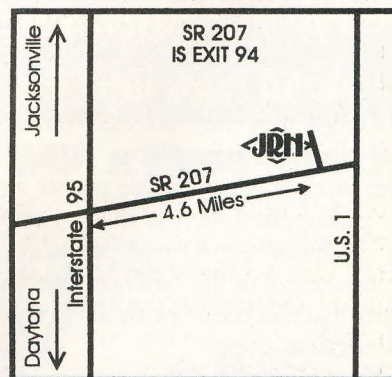
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Mind Control and the New Millennium: continued

Continued from page 18

conducted without any regard for normal societal limitations. Horrid atrocities were performed on these civilian prisoners of war: surgical experimentation, electroshock, mutilation, impregnation, trauma bonding, eye-color experimentation, drugging, deprivation of every kind, hypnosis, hypno-programming and personality splitting.

Although other countries conducted human experiments of less quantity during the war, it was the Nazis that so grossly went against the Geneva Convention guidelines of prisoner treatment. The Nazis and their experiments were in part funded by the Catholic church who, at the end of the war, helped transport many Nazis to freedom through the rat line. The Catholic Church has since acknowledged and apologized for these actions. Additionally, the US department of defense secretly orchestrated and funded the escape of many high ranking Nazi doctors and scientists using the channels provided by the Vatican, bringing the German as well as Italian "enemies" to the United States via South America and Canada. This importation process was labeled with the code name Project Paperclip and these illegal aliens were made "legal" by the U.S. government when they provided these men with new identities.

These doctors and scientists were viewed as valuable assets by the United States government and acquired because of the vast amount of knowledge they had attained through these wartime experiments. It is no secret that knowledge gives power and by securing possession of these doctors and scientists the United States was gaining control of the "science" of mind control that had been fine tuned in these concentration camps.

One might draw the presumption that the U. S. gained control of this new science in order to protect her citizens from enemy mind control techniques. Unfortunately this was not the case. After their valuable acquisition, the "powers that be" within the U.S.

government set up projects within which they could utilize and further these human experiments in mind control and human behavior. These projects had names such as MKULTRA, Artichoke, Bluebird, MKSEARCH and MKDELTA, just to name a few.

Many people are unaware of the extent to which our U.S. government has been experimenting on its citizens. Ironically, it's the government's own documents on human experimentation that breaks through the denial barrier most effectively. Following are excerpts out of actual documents that were secured through the Freedom of Information Act.

A document dated May 11, 1953 cites experiments designed with the goal of



"hypnotically increasing ability to learn and recall complex written matter," "hypnotically increasing ability to observe and recall a complex arrangement of physical objects" and "recall of hypnotically acquired information by very specific signals."

A second document dated May 5, 1955 states, "A portion of the Research and Development Program of TSS/Chemical Division is devoted to the discovery of the following materials and methods: 1. Substances which will promote illogical thinking and impulsiveness to the point where the recipient would be discredited in public." Skipping to subhead 6 on the same document, "Materials which will render the induction of hypnosis easier or otherwise enhance its usefulness" and

subhead 7, "Substances which will enhance the ability of individuals to withstand privation, torture and coercion during interrogation and so-called "brain-washing." Subhead 8 states, "Materials and physical methods which will produce amnesia for events preceding and during their use" and subhead 9 states, "Physical methods of producing shock and confusion over extended periods of time and capable of surreptitious use." Subhead 12 states, "Substances which alter personality structure in such a way that the tendency of the recipient to become dependent upon another person is enhanced."

So what does this all mean? One almost has to reread these quotes two or three times before the realization sinks in that our government's goal is to gain ultimate control over our minds. Not much different than the goals of Adolf Hitler and The Third Reich.

Lets look at some of these statements more closely. Out of the first set of documents we learn that our government conducted experiments to learn how to hypnotically increase a person's ability to learn and recall complex written matter, increase a person's ability to observe and recall complex arrangements of physical objects, and enable a person to recall hypnotically acquired information by very specific signals.

From the second set of documents we learn that our government has developed substances that will further put the U.S. citizens' minds under the control of the government. Through the use of chemical substances the government can induce an altered state of consciousness in individuals and/or the masses. It is during this drug-induced hypnotically suggestible state that programing is placed into the mind through a multitude of stimuli. In essence, our government has extracted enough knowledge from these experiments to create actual mind control slaves for the U.S. government.

How is this programming put in place and how does it actually work? The government utilizes people who are expertly trained in mind control and

Mind Control and the New Millennium: continued

programming. This knowledge originated from the doctors and scientists that were brought over as part of Operation Paperclip. Usually a person has one primary programmer but can have several "handlers." Handlers are people who are interwoven into the person's programming. They help manage the programmed individual and often provide a physical presence which acts to enforce the programming. The programmer will use mind altering drugs to alter a person's state of mind, place them under hypnosis and insert into their mind a "program."

These "programs" consist of a preset set of circumstances, often called the road map of their mission, as well as preset signals that the government will later use as a trigger to activate the hidden programming and retrieve information the individual may have been programmed to gather. For example, the government can program someone to infiltrate a group, instigate trouble and/or just report back information to the government. Keep in mind that this is just a very simplistic example and that these mind control methods can be used for much more sophisticated purposes.

These documents prove that the U.S. government has been using our tax dollars, at least since the 1950's, to develop techniques and substances that will further put the U.S. citizen under their control. When the government uses chemicals to promote illogical thinking and impulsiveness and render the induction of hypnosis easier, they are stripping people of their free will and of their natural abilities to protect not only their physical beings but also their minds.

When the government has materials and physical methods which create these barriers within a person's own mind, they control what information the person has access to and what information is hidden behind these walls such as the knowledge that they are even being used in mind control experiments or missions. In essence then, once the government has these amnesic walls in place, they can use and reuse these people over and over again, recycling them to new projects

because these individuals can't remember they were tampered with in the first place. Even if these governmental guinea pigs experience memory breakthrough the "powers that be" have taken measures to try and insure that they discredit themselves in public. Remember, our government has developed "substances which will promote illogical thinking and impulsiveness to the point where the recipient would be discredited in public."

One may be led to falsely believe that these experiments are only being conducted on a few people and have nothing to do with the average U.S. citizen. This is a dangerous sense of false security. Hundreds of hospitals nationwide and several in Canada have been used as sites in which private physicians conduct these experiments after having been privately contracted by the U.S. and Canadian governments. In 1992 it was reported by Bob Cox of The Canadian Press that "the federal government will pay \$100,000 each to victims of brainwashing experiments funded by Canada and the CIA between 1950 and 1965." One of the victims was a mother of five children. Nobody is immune.

Not only are our U.S. tax dollars paying for the continuing research and development of these mind control experiments but WE, the American taxpayers, paid restitution to foreign

victims of our governmental misuse of power. The new technologies that include the use of microchip implants are not only far more expensive, thus costing the U.S. taxpayer even more money, but also horrendously more obtrusive to the victims.

To help disseminate the information on the new technologies being used we have produced a video tape that not only reviews the history of mind control as we've discussed here but also documents the new technologies. The tape includes information on the following: the use of microchip implants, microwaves and ELF bombardment and how they are used in conjunction with microchip implants, electroshock therapy, how virtual reality is being utilized in programming, examples of the hardware being used in programming, examples of programming structure, and how the government has utilized "substances which alter personality structure in such a way that the tendency of the recipient to become dependent upon another person is enhanced." To order your copy of this video tape please send your name, full address and a \$25.00 check or money order to: Kurt Billings, 721 N. McKenzie, Suite 21, Foley, AL 36535. Please mention you saw this article in the Preparedness Journal and we will give you free shipping and handling. God Bless.

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LOOTING! Neighbors Cruising for Goods

By Ken Larson



A common warning to looters. In reality, the owner was not allowed access to his property by the government for safety reasons but looters were able to slip by and they took everything.

With the awareness of the Y2K problem, there is an area of concern we should consider that is more prevalent than most would have thought - Looting!

Each year disasters shred thousands of homes and mingled the tatters of lumber, drywall, shingles and roof tiles into one sickening blanket of scrap building materials. As if dealing with a major disaster was not enough, I have found looting to be on the increase. It is interesting to note now and it was appalling to observe then, the majority of the victims were demanding that the "government—or someone—do something." The prevailing rationale was that the victims were not responsible for their own safety and welfare. Unfortunately, the magnitude of this disaster shut down an already cumbersome governmental support system upon which they were depending.

It was during Hurricane Hugo in the Carolinas that I first observed the extent of looting during a disaster. Of the hundreds of victims that I have

dealt with, most had lost something to looters. Pillage even occurred in the rural areas. Then came Hurricane Andrew in south Florida. There the storm related damage estimates reached 20 billion dollars property damage, 250,000 homeless, 35,000 in shelters and 1.3 million lacking power—one of the costliest disasters ever in the United States. Here looting took on a life of its own. Many times whole families, including children, could be seen pushing shopping carts full of merchandise they had stolen.

In any disaster cash is "king" after all the banks are closed. Since lack of electricity meant no electronic funds transfers or interior lighting for the banks, cash was the only method of purchasing in many areas. There was a surprising number of people who had emergency goods to sell but they did not accept credit cards or personal checks. For several weeks, victims could not even get their paychecks cashed.

Unfortunately thieves and looters seek out those who have cash or goods. Most victims are too intent on making a purchase or solving their immediate crisis to be aware that others are watching them. They falsely assume, no one could be so cruel to take from those who already lost most or all of their possessions.

In large disasters, the National Guard will furnish some security, but it will be delayed by the extensive debris blocking the roads. The extent of a large damage area makes the efforts even less effective. Also the expedient focusing of National Guard activity mainly on town centers leaves rural residents unserved, disgruntled and very vulnerable to attack.



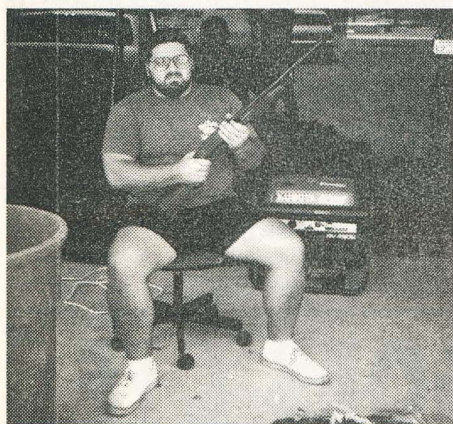
During Hurricane Andrew, looters openly steal goods.

During Hurricane Andrew, the Assistant City Manager of Homestead, Florida reported that he had a hundred National Guard next to the city hall, but every time he tried to direct them to a problem area, he was told they needed approval from higher up which sometimes took hours and sometimes days. Unfortunately, there was a severe shortage of on-site leadership.

Before the National Guard's presence is known, looting is always widespread. In many cases the plundering is done by "neighbors" from the next block. In one complex, during Hurricane Hugo, three scavengers gained entry into a number of the evacuated apartments. But when they began to pry one door open, one remaining occupant threatened to shoot. The looters then kicked in the door of the next apartment and ransacked it rather than face someone who was armed.

During one disaster, with no street lights, pitch blackness prevailed at night. It was frightening to see many people milling around after dark as both a result of and cause for anxiety. In one suburban area, the National

Guard was unable to enforce an imposed curfew as people experienced the boredom and anxiety that rapidly sets in when normal patterns are disrupted. In some low income areas, the bars were in full swing by noon, and by dusk, bands of drunken men were moving out into urban areas looking for something to do. I recall a fright I experienced one evening when returning late to my motel during Hurricane Hugo's recovery operations. I made a wrong turn and found myself lost in the inner city after curfew. When I paused at the first intersection, several people brushed my car checking for an unlocked door. I was fortunate, for



Store owner insured there was no looting at his store.

they might have broken out a window and crawled in. Needless to say, I did not slow down at other intersections. During Hurricane Andrew, looting was common place and accepted as a way of life. One victim from an upper class neighborhood told me "I was shunned by my neighbors because I rejected an offer to cruise for goods."

Or as Fred Taylor, Metro-Dade police director said, "The looting has occurred in areas made vulnerable in the storm. That's mostly homes on main roads, convenience stores and strip shopping malls. The takers included young people, old people and people with little kids."

In another situation, a looter was questioned about his looting as he carried out a television. He said, "I'm not looting - I need this television."

It was clear the looters knew the inability of law enforcement to handle masses of looters. "The police know we are here," said one female in her late teens, who declined to identify herself. She was pushing a shopping cart overflowing with clothes through the shattered plate glass window of a flooded T. J. Max store.

Police confessed they had more important worries. "Frankly, the priority is not property," one said. "We're only handling life-threatening situations." What he said is probably true, for the victims I worked who lost most of their personal goods or business inventory due to looting saw very few arrests. Drug stores and veterinary clinics were especially vulnerable for drug theft.

But justice prevailed in one interesting instance. As the crowd cheered, a woman was handcuffed and led away from the Royal Palm Ice Company. Her crime: Trying to cut the line, nearly a quarter-mile long and 5,000 strong, waiting to buy bags of ice from the back of several trailer trucks. A dozen Miami police had been on duty at the ice house since 7 a.m. The wait was at least four hours; the cost for a 4-pound bag was \$5. "They are fighting in ice lines all over town," one policeman said.

One thing I have learned is your protection will be your prior planning. During the LA riots, a major portion of those injured were going to get food or water. If they had been prepared to be self-supporting for two weeks, the danger would have passed. In addition, I have yet to see a loss due to looting occur to anyone who was prepared to defend their property.

During Hurricane Andrew, peaceful citizens packed guns to protect their flattened homes as looters pushed shopping carts through downtown Homestead, Florida. I talked with a lawyer who was a victim and who had been away in another city during the actual storm. His neighbors had called him and told him to buy

shotgun ammunition. Being somewhat passive and not knowledgeable about guns, he went to a gun store and asked for ammunition. The store owner asked him what "load" he wanted. Then, noting the unsureness, added, "Is it to be used for rabbits?" The victim replied, "Well not actually—Larger." "For deer?" the owner asked. The victim stammered that he was from Homestead where they had looters. The store owner responded, "Well, why didn't you say so in the first place. Here is the load you need for looters." The homeowner told me that he now cherishes his right to protect himself.



National Guard normally tied up in traffic control rather than prevention of looting.

During Hurricane Hugo, prepared neighborhoods barricaded their block. Home watch guards worked in shifts during the day and night. This system was very effective. Active involvement with neighbors now will aid in future group preparedness actions. One store owner I met was the only retailer in his shopping center that was not looted. His solution was a generator for light, a cooler for food and drink, a comfortable chair located in his doorway while on guard and a shotgun. He never had to even point it for all looters gave him full berth while seeking easier spoils.

The larger disasters experienced in this decade continue to breed

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LOOTING! Neighbors Cruising for Goods: continued

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looting. Unfortunately, because of many disaster's magnitude, the support agencies were unable to adequately handle the effects. There was confusion and false starts on the part of federal and local agencies. Many victims had cause to feel helpless and become angry toward the powers in control.

In any survival situation, knowledge and advance preparation are crucial although loss cannot be completely prevented nor predicted. Yet understanding the tendencies of a natural disaster can enable one to become prepared physically and emotionally. Surely the mistakes made and the lessons learned from past disasters will not soon be forgotten—or will disasters continue to put unprepared people into desperate straits?

Ken Larson is a disaster analyst with the federal government and survival expert who has worked with victims of numerous natural disasters and food shortages. Ken is author of four books to include "God's Free Harvest - Harvesting Nature's Free Wild Foods." Details 40 wild edibles that can save your life. \$14.95 ppd. 233 pages. "Becoming Self-Reliant - How to Be Less Dependent on Society and the Government." Teaches unique methods on how to prepare in an urban setting for an uncertain future. 208 pages. \$13.95 ppd.

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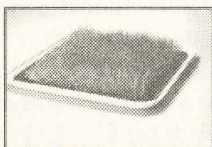
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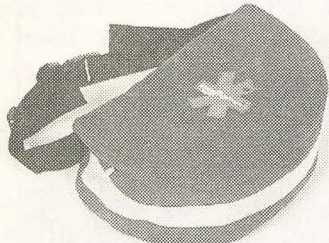
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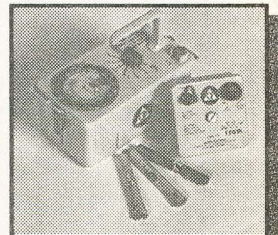
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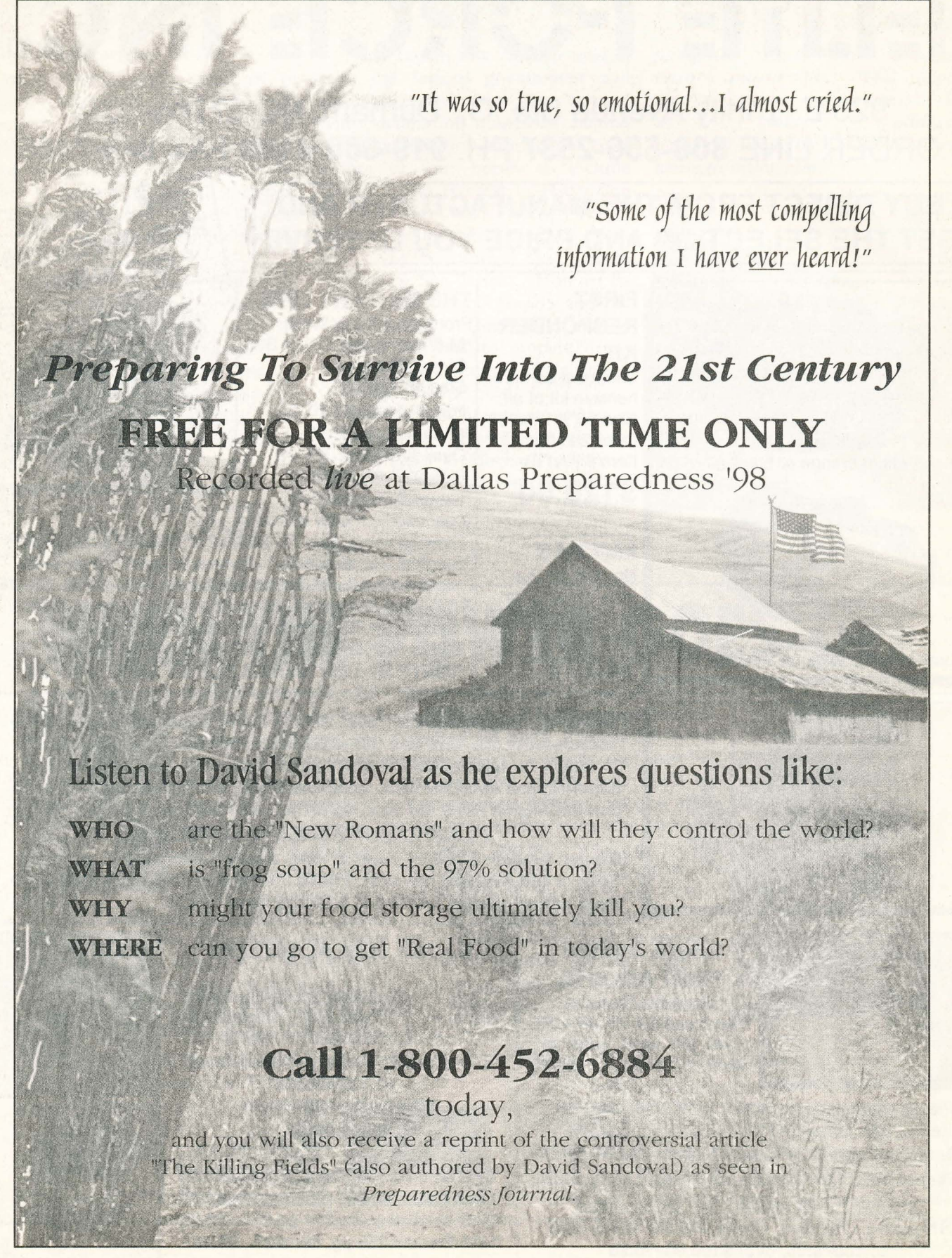
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Colloidal Silver, Vaccines and Pharmacuetical Drugs

By Mark Metcalf

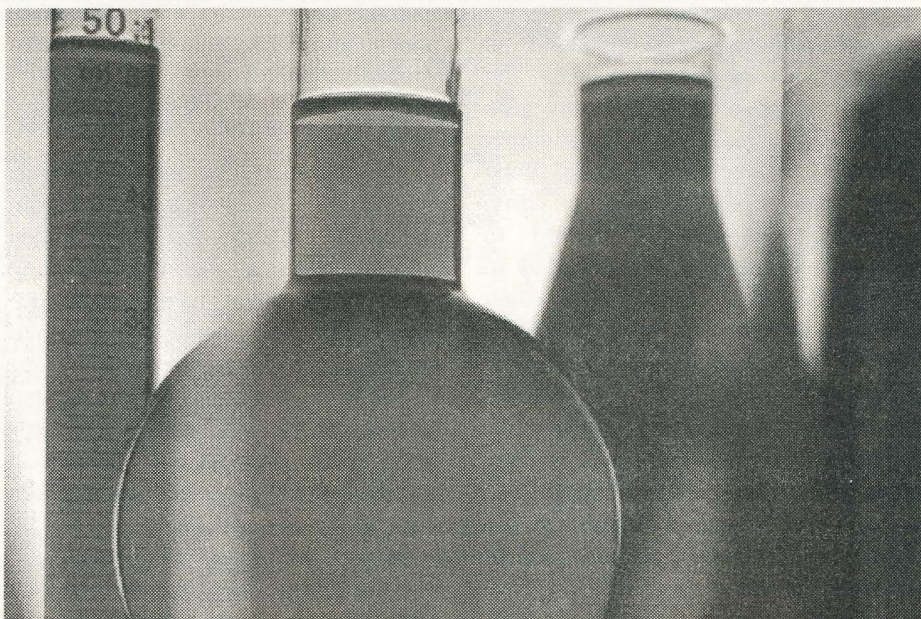
Will the Safest and Most Effective Remedy Please Stand Up?

The ongoing controversy over colloidal silver and toxicity has reached a fever pitch in recent months. What is the truth? In many past public lectures, I have stated that Americans now have the political status of laboratory rats. Based on recent information coming to light, I must admit that I was wrong. Sadly, our political status is less than that of rats.

According to USA Today, June 8, 1998, "The Department of Agriculture knows exactly how animals of all kinds are used in research. The agency monitors how many suffer pain or stress during the tests. And USDA tracks the number of animals in each state as well as the number of research facilities using animals in all states. But the Food and Drug Administration, the government agency charged with making sure drugs are safe and effective, has no idea how many people are used in research, how many people suffer during the research or how many people die during research." But that's not all. The FDA doesn't even know how many human research facilities there are, let alone what kind of ethics board might be watching over them, if any.

"There is bad stuff going on out there, big time," says Dr. David Cox, professor of medicine at Stanford University and a member of the president's National Bioethics Advisory Commission. "But we can't collect the information because the feds don't have it. Particularly when it's done with private money."

Says Robert Temple, the head of the FDA's Office of Drug Evaluation, "The numbers of people in trials would not be particularly helpful. Federal officials would never limit the number of people in trials, so knowing the number would not lead to any particular action."



"It's a highly sensitive subject, but some officials will admit privately that the government is not terribly concerned with the number of people who die in cancer trials, for example. People in cancer trials, they argue, are very ill and will die anyway. They agree that some may die sooner because of the toxicity of the drugs they get."

It becomes clear that there are few restrictions for performing medical experiments on human beings, and no effective advocates for the human subjects of medical tests. So what kinds of situations are known to have happened? There is evidence that the consent process was abused in studies in 1996 at New York State Psychiatric Institute. Quoting again from USA Today, "Children were injected with the drug fenfluramine, part of the diet drug FenPhen, which was later banned. The test was to study brain chemicals thought to be linked to violence. Parents, some of them poor, were paid \$125 for allowing their children to be injected." Though FenPhen was approved by the FDA, evidence quickly surfaced that the

drug was dissolving the outer wall of arteries surrounding the heart.

In another case, "Five patients died in 1993 during a trial of fialuridine (FIAU), used to treat hepatitis B, at the National Institutes of Health in Bethesda, MD. A federal probe found that blood tests that should have been a tip-off that the drug could be deadly were misinterpreted by government and drug company researchers."

Human subjects are often targeted and recruited through aggressive radio and print media marketing campaigns that highlight the benefits and downplay the risks. In many cases people are encouraged by their own medical doctor to take part in experimental trials. While it is estimated that hundreds of thousands of people volunteer their bodies to test new drugs and treatments every year, no exact number is known. No one knows how many people are seriously injured and no one knows how many die.

"People are getting hurt every day by seriously bad research," says Dr. Cox.

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Colloidal Silver: continued

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"This is about therapeutic misconception. It's basically coercing patients by lying to them. The bottom line is everyone is winking their eyes at each other, but the patient doesn't realize that."

Since 1990, privately funded research on human beings has surpassed all known efforts by government labs and the gap has been widening every year. Furthermore, according to medical author Thomas J. Moore, in his new book "Prescription for Disaster", "drug companies have been allowed to manipulate the results of drug trials to highlight studies that find their medications effective." As FDA official Kenneth Feather admits in an L.A. Times story, "It's probably shocking to people who don't know, to find the almost total control that the pharmaceutical industry has over the flow of information."

Again from Robert Temple, "Drug companies are now supporting trials that 10 years ago were totally unheard of." He notes that a recent private trial had 50,000 subjects. "That used to be the kind of thing that only a government institution could do. We're seeing a lot more of those." There is also the disturbing possibility that some of these "private studies" are what organizations like the CIA refer to as "cut-outs"—surrogates that act as a cover for secret experiments directed by the national security state.

Mystery Vaccinations

A man recently called to ask whether colloidal silver might be an antidote to the biological toxins contained in vaccines. (It seems logical to me that colloidal silver would be the best bet for an effective antidote.) The man was concerned for the health of his son, who had been arrested by the sheriff of Little Valley, New York (pop. 1,200). During his brief stay in the Cattaraugus County jail, the young man was forced to take fourteen injections! His jailers refused to say what the injections were, other than "vaccinations."

Though vaccines have never been proven to be of medical value in any controlled study, federal health officials in Washington are preparing to activate a

nationwide government compulsory vaccination tracking system. Under the system, citizens will be tagged and tracked using Social Security numbers and birth records. Those who are not vaccinated with all government-recommended vaccines may suffer such consequences as refusal of health insurance, employment, school entry, driver's license and hospital admittance, among others.

Immunization registries have already been set up by state governments in more than half of the states and will be linked to form a national vaccination tracking registry. Some parents have already been punished for making independent health care choices, including carefully weighing the safety and effectiveness of the ten different vaccines the government now recommends, and deciding to protect their children from vaccines they consider either unsafe or unnecessary.

Parents, including some parents who are doctors, have also been charged with child abuse or neglect by government officials, for refusing to vaccinate, and the national Immunization Registry will make it even easier for government officials to punish those who make independent health care decisions for themselves and their families. For more information, and to learn how to protect yourself and your family, contact: National Vaccine Information Center (NVIC) in Vienna, VA, (703) 938-0342, or visit their web site at [HYPERLINK http://www.909shot.com](http://www.909shot.com).

Drugs and vaccinations are pushed in every form of advertising media as safe remedies while colloidal silver is continually attacked for being unsafe. These attacks usually try to confuse colloidal silver with unrelated compounds and they never cite scientific studies that could prove harmful properties. I recently received a popular health-oriented newsletter which contained a very negative article about colloidal silver which frightened a lot of people.

The author, a medical doctor, begins a discussion of colloidal silver by saying it has no history of safety and efficacy for oral administration, which is completely

false. In fact, many doctors still use a product called Argerol, which consists of colloidal silver in a saline solution (silver chloride) for oral administration.

He continues, "Sellers of these products were given 90 days to provide the FDA with safety and efficacy data. The 90 days are long gone and they have submitted nothing." The doctor does not explain why he has such an intimate relationship with the FDA that he knows exactly what had, or had not been sent to them. In any case, he is misinformed. I know of at least one researcher, Howard Mitchell, who sent the FDA quite a bit of information demonstrating colloidal silver's safety and efficacy. Mr. Mitchell also asked the FDA to conduct experiments of their own to corroborate his studies. He went as far as providing the FDA with a silver generator, which they promptly turned over to the bomb squad, who questioned Mr. Mitchell at length. It's interesting that while the FDA claims it is helping the public, when they receive a package from that same public they assume it must be a bomb. Said Mitchell, "I guess I was a little naive about the intentions of the FDA back then."

Continuing the newsletter article, the doctor quickly changes the subject from colloidal silver to colloidal minerals and aluminum as if they were the same thing. Finally he ends with, "Stay away from colloidal minerals. At best, they are useless. At worst, they are deadly." The title of the article? "A Final Word on Colloidal Silver."

New Evidence Regarding Colloidal Silver's Lack of Toxicity

So what are the facts about colloidal silver? Is it safe? After ingesting large amounts of colloidal silver for two-and-a-half years, I decided to undergo a series of hair analysis tests working with a medical doctor in Los Angeles. Actual hair analysis was provided by Great Smokies Diagnostic Laboratory. The first test of 10/21/97 showed silver saturation of my hair at 60.1 ppm! This is at least 600 times higher than what is considered a normal range. If colloidal

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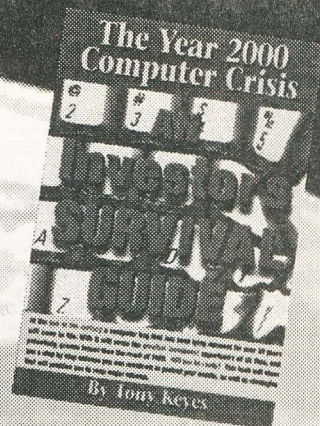
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Colloidal Silver: continued

Continued from page 28

silver were toxic, then I should be very well poisoned.

Next, I decided to cut down my consumption of silver to get some idea about how quickly silver ions pass out of the body. After refraining from drinking colloidal silver for several weeks, I noticed no symptoms of withdrawal, or any increased susceptibility to infection. Clearly, my body had not become dependent on the colloidal silver, even after two-and-a-half years of high dosages. My guess is that my previous consumption of colloidal silver averaged around a half gallon a week in concentrations ranging from 10 to 500 ppm.

While still drinking colloidal silver from time to time, I submitted hair for a second analysis on 3/10/98. The results were striking. Silver levels were now at 3.17 ppm — twenty times lower just by reducing my consumption. On 4/10/98, I gave another hair sample, which came back at 2.46 ppm. This time, due to my continuing low consumption, my silver levels had dropped by nearly a third. It is likely that my silver levels dropped even more precipitously than the test indicated. Waiting one month is not really long enough to grow a completely new hair sample.

Some people say that silver is a heavy metal and will become lodged in the organs of the body. On the contrary, I have heard from two people who were able to avoid liver transplants by taking colloidal silver and one man who detoxified from heavy metal poisoning. Not understanding how silver could be efficacious for heavy metal poisoning, I asked a doctor of dentistry and former assistant professor of UCLA dental school how such a thing could be possible. He didn't think it was odd, saying "When the electrically charged silver ion makes contact with a cell, it should cause the cell to expand slightly, making it easier for the cell to drop its toxins."

The Speed at Which Silver Travels in the Body

I had a startling experience in New York City at the New Life Health Expo. I

was demonstrating how to make colloidal silver when a woman walked up, pointed at my glass of colloidal silver and asked, "What's that?" I told her it was colloidal silver and asked her if she'd like to try a taste. She seemed completely unfamiliar with colloidal silver, but accepted my offer and ingested a 2-ounce dixie cup of 5 ppm colloidal silver. The woman stood there for less than thirty seconds and then blurted out, "Oh, this is really good!" "How do you know that?" I asked. "Because I've got this infection on my ankle and it feels all warm now and the pain just went away," she said. She lifted her pant leg and revealed an ugly sore on her ankle.

Upon reflection of this experience, it occurs to me that the body is an intelligent system. If you give it something it needs, it will not waste any time getting it to those areas where it is most useful. Many people know that if garlic is rubbed on the foot, it can be smelled on the breath in seconds. This indicates that while the skin attempts to keep toxins out, it will also try to pull in other elements that the body needs. Once inside, garlic is widely circulated very rapidly, and to the benefit of the body as a whole. This would also explain reports of people with lung cancer who drink a glass of colloidal silver and within moments feel a positive reaction of warmth in their lungs.

Colloidal Silver and Beneficial Bacteria

Many people have assumed that if colloidal silver kills bacteria harmful to the body, then it must also kill beneficial body bacteria. I have never agreed with this rationale because of a lack of physical evidence to support it. Nor do I regard the selective properties of colloidal silver as unusual, for they are not unique in nature. Garlic also kills bacteria harmful to the body, but does not harm beneficial bacteria.

In addition to the stomach, few realize that the mouth contains delicate balances of beneficial bacteria. One of the side effects that can occur as a result of Lederle-Praxis' DPT vaccine is an

imbalance of bacteria in the mouth, which is a very serious condition that can often be fatal. Tens of thousands of people are drinking colloidal silver without incurring this condition. By contrast, colloidal silver seems to be able to restore proper balances of beneficial bacteria, being helpful for *Candida Albicans*, for example.

Independent Research Reveals Benign Nature of Colloidal Silver

I recently received a detailed report on a series of experiments conducted by the previously mentioned, Howard Mitchell, a former teacher of physics and chemistry living in Virginia. Colloidal silver has no effect on *Acidophilus*, even in concentrations forty times higher than what might be expected to eliminate other forms of bacteria. These results were also confirmed in independent tests conducted by a microbiologist in Texas.

Water Increases Effectiveness

In the course of their work, both Howard Mitchell and the microbiologist from Texas noticed that the zone of inhibition (kill zone) was rather narrow when colloidal silver was applied to harmful bacteria in a petri dish. When the bacteria was placed in a glass of water, however, the same amount of colloidal silver was one hundred percent effective in eliminating the bacteria. Since the human body is ninety percent water, this may be an important clue for how small amounts of colloidal silver can still be effective in many cases. For example, a 160-pound man would equal 144 pounds of water, or 2,300 ounces. Therefore, if the man were to ingest 2.3 ounces of colloidal silver at 1 ppm, it would translate as .001 percent colloidal silver at 1 ppm. If that colloidal silver was 10 ppm, than theoretically the body should have achieved a liquid ratio of .01 ppm.

In one medical book I have seen reference to colloidal silver purifying water in concentrations as low as .02 ppm. This would seem to indicate that the minimum dose for serious illness is approximately 4.6 ounces of 10 ppm colloidal silver for a 160-pound man in

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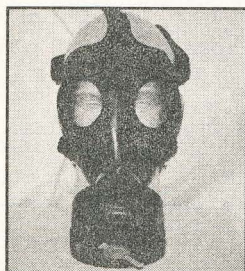


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Colloidal Silver: continued

Continued from page 30

hopes of achieving a .02 ppm body saturation. However, it is unlikely that the silver is evenly distributed throughout the body, which may account for reports of 32 ounces per day at 10 ppm being a more effective dose for serious illness. (A seven-fold increase equaling 0.14 ppm body saturation). If this dose were to be continued for seven days, the body might achieve a .98 ppm (almost 1 ppm), total body saturation before the silver ion volume is reduced by the natural eliminative systems.

Disclaimer

I want to make it clear that I am not prescribing treatment for any person or condition. This report is strictly for the sharing of information with my fellow researchers who have a great deal of freedom as researchers to conduct their own naturalist experiments.

High Voltage Versus Direct Current Colloidal Silver

While Mitchell's report begins with colloidal silver made with a high voltage method, he also experimented with a DC method of production, which he then compared to his original AC method. "Its antiseptic properties [DC colloidal silver] seem to be at least 5 or 6 times that of the HAG [AC/high voltage colloidal silver] I have discussed, and it kills fresh cultures of bacteria on contact in Petri dishes, which the HAG doesn't usually do." This makes sense to me because AC (alternating current) is a very unstable charge. I don't mean to say that it is impossible to make a reliable colloidal silver with high voltage equipment. I simply remind the reader that it is silly to say that DC current cannot produce a good quality colloidal silver, which some AC proponents claim.

Anthrax

The microbiologist from Texas, who prefers to remain anonymous, performed one experiment in particular that may

answer a question I have been asked many times. "Does colloidal silver work against anthrax?" Mr. X used a bacteria he referred to as a "kissing cousin" of anthrax. He explained that this particular bacteria was not restricted and was safe to work with. Mr. X went on to say that while the zone of inhibition was limited in a petri dish, the bacteria was completely eliminated once placed with a few drops of approximately 10 ppm colloidal silver in an 8-ounce glass of water.

If the public has access to unlimited amounts of a remedy that is both safe and incredibly powerful, one wonders what they would need expensive, dangerous and not particularly effective drugs for. The New England Journal of Medicine reported that natural remedies have already grown so popular that one in every three people used alternative therapies in 1990. Currently, Americans are making 425,000,000 visits to alternative health practitioners. That's more visits than are made to conventional, primary care physicians. Of course there are many excellent conventional doctors. A number of them order silver generators from me. The problem is that there are not enough caring, open-minded doctors who really do their homework.

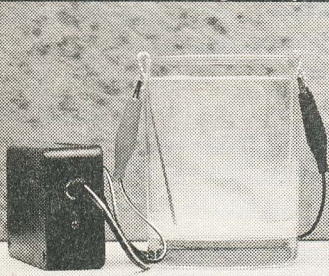
Medical Billboards

In the meantime, the medical establishment is redoubling its efforts to keep the general population under its spell. If you live in a major metropolis, you may have noticed a number of billboards with a smiling doctor looking down at a happy child who gazes up admiringly. The billboards usually say something like, "Joe's Factory Hospital, a place that you can trust." Other billboards try to create the impression that you should come in at the drop of a hat. One billboard in Westwood adjacent to Los Angeles says in giant letters, "Earache?" It also includes the silhouette of a child along with the name of a local hospital. I have observed that these signs don't usually mention that a doctor's prescription of antibiotics is often the cause of ear aches in children. Antibiotic use, by the way, can also change

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the diameter of the eye. Know any kids who suddenly need glasses? How about medication for asthma?

So why isn't everyone using alternative remedies that are safe and effective? Because contrary to popular belief, human beings are very easy to hypnotize. If they hear a lie long enough, it becomes the truth. Therefore, all that is required is to turn the world upside down. Then lies become truth and truth becomes a lie.

Linus Pauling is a good example. The only person to ever win two Nobel prizes said anyone could add twenty years to their life by just increasing the amount of vitamin C they take on a daily basis. He was also branded a communist by the National Security Agency, whose intervention prevented him from winning a third Nobel prize. His crime? Linus Pauling thought that above ground nuclear testing was a bad idea and he said so, publicly. So who's the kook?

Vitamin C and the Corporate Media

Since that time, Mr. Pauling's findings were frequently attacked and the FDA has also tried unsuccessfully, to restrict access to vitamin C. Now the mainstream media is chanting in unison that vitamin C may cause cancer based on a "new" study.

Dr. Gary Null, the author of over forty medical and nutritional books, investigated the study and gave his analysis over the airwaves of listener-sponsored, WBAI New York. He concluded that while the study was very poorly done, the data it contained actually showed the opposite of what the media was saying. He went on to cite a scientific, controlled study which proved conclusively that vitamin C cured terminal cancer in every

participant within three months. The study used I.V. administration to achieve and maintain high vitamin C levels. But you won't be hearing much from the mainstream media about that study.

A Happy Ending

Often times a person will buy a silver generator and proceed to help others around them, and I have heard many wonderful stories. This story comes from a man in Los Angeles.

The man purchased a colloidal silver generator from me and began making colloidal silver for two of his neighbors who then purchased their own generators. The first neighbor was a medical doctor with diabetes. He was delighted with the results, but was quick to admit that he didn't understand how the silver was working exactly. "When I look at my test results, it doesn't make any sense - but I feel great!"

The second neighbor was a woman who had spent most of the previous seven years in bed. She had been diagnosed with Tabes, a sleeping sickness accompanied by chronic fatigue and wasting syndrome. "I went over there and gave her a quart of 500 ppm colloidal silver. I guess she really woke up. She got a generator. One week later she had a garage sale, sold her house, and took off! It all happened so fast. I got a postcard from her. She's off seeing the world."

Mark Metcalf is the founder of Silver Solutions, a manufacturer of different models of affordable colloidal silver generators. He is also the author of "Colloidal Silver, Making and Using Your Own." Silver Solutions now offers a cigarette lighter adapter for their AC/DC colloidal silver generators. Cost is \$15. For further information you can contact him at: 503-359-5954.

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Hot Topics Update: Gulf War Syndrome

Gulf War Syndrome Investigations Update Report From Capital Hill

"How ironic," I thought. "General Norman Schwartzkopf, leader of the National Cancer Rally." I was in Washington, D.C. that weekend last September to present a lecture and then, on Monday, take our "Petition for the U. S. Congress to Investigate Toxic Biological and Chemical Exposures of American Citizens" by the military-medical-industrialists we thoroughly exposed in the book "Emerging Viruses: AIDS & Ebola-Nature, Accident or Intentional?" (Tetrahedron Press, 1997).

The General, I recalled, had lied before the U.S. Congress during their Gulf War Syndrome (GWS) investigations. The illness, now affecting about 200,000 veterans of the first Gulf War, had been linked to vaccines and cancer, a central focus of our petition. First Schwartzkopf falsely alleged that his soldiers could refuse the vaccines they were "offered." Untrue. Many were unwittingly given experimental vaccines, one even for AIDS. This transmitted the AIDS virus envelop gene to the unsuspecting service men and women.

The gene then recombined with the most common vaccine contaminant, mycoplasma—a cross between a bacteria and a virus that, by the way, had most likely been genetically engineered itself. Mycoplasmas and related vaccines were then tested on Huntsville, Texas prisoners by Tanox Biosystems of Houston—a Baylor College entity with believed links to James Baker III and George Bush. The result—thousands are now ailing from GWS associated with this bizarre infectious mutant recombinant. Hundreds of civilians from Huntsville are among the casualties. I went to D. C. to do something about it.

Schwartzkopf also lied before Congress when he falsely claimed ignorance regarding Saddam Hussein's chemical and biological weapons (CBW) arsenal. In fact, as seen in Captain Riley's videotape, and our "Gulf War Syndrome: The Spreading Epidemic Coverup," Hussein's CBW dump was largely supplied by Bush administration contractors. The CBW threat then represented a known, concealed then later denied, danger to our troops as well as to U.S. national security. In fact, all evidence points to the likelihood Schwartzkopf ordered the destruction of

Hussein's CBW arsenals in an effort to destroy incriminating evidence. Shipping CBW internationally was, after all, a violation of the Geneva Accord signed by Richard Nixon in 1971. Now Schwartzkopf was being hailed as the leader of anti-cancer forces. Amazing!

After the weekend's festivities, early Monday morning, I called Dick Gregory. You remember him, the civil rights activist and humorist. He's still around and very active. "Can you make it over to Congresswoman Maxine Water's office this morning at 9:15?" I asked. "I'd love to," he replied, "but I have a radio show to do in Maryland. I wish you luck though. Let me know how it turns out." "Indeed I will," I replied.

Two hours later I began my lobbying efforts in the Congresswoman's office. Democratic House Rep. Waters from Los Angeles, best known for investigating and indicting the Central Intelligence Agency (CIA) for bringing crack cocaine into urban communities, was unavailable to meet with me personally. She, like other members of the House Judiciary Committee, was sidetracked this day as she has been for the past months. She needed to help save the President from impending impeachment proceedings. In other words, rather than dealing with the urgent business of cancer, contaminated vaccines, massive covert depopulation activities, and genocide, mostly affecting her Black "sisters and brothers," the Congresswoman was obliged to ponder the oral sex habits of her Commander-in-Chief. At the time of this writing, she was defending the President on at least two impeachable counts. So I met with Catherine Atkins, Maxine's assistant instead.

After about twenty minutes of hearing the most horrifying and disturbing information she had ever heard, and seeing the documented evidence in black and white, Ms. Atkins said, "Well, thank you very much for coming...I can't promise you anything, but I will make Maxine aware of your visit."

Next I visited Senate Minority Leader Tom Daschle's office. There I met with his research assistant Sahi Rafuillah—a very pretty young woman of, it appeared, Indian origin. Sahi seemed exceptionally interested to learn that vaccines, regarded so highly by the public health community, have been linked to an array of new cancers, illnesses, and autoimmune diseases including: chronic fatigue immune dysfunction (CFIDS),

Guillein Barré, fibromyalgia, lupus, MS, asthma, allergies, rheumatoid arthritis, type 1 diabetes, sudden infant death, AIDS, autism, attention deficit, hyperactivity, and more.

Tears filled Sahi's eyes when I showed her the National Institutes of Health (NIH) National Cancer Institute (NCI) contracts under which numerous AIDS-like and Ebola-like viruses were created by U.S. Army's biological weapons contractor, Litton Bionetics. She was visibly shaken when she examined Merck's contract that called for the production of cancer causing viruses for vaccine development. I explained that Merck's vaccine chief, Dr. Maurice Hilleman, along with help from the CDC, Food and Drug Administration (FDA), and the National Institute for Allergies and Infectious Diseases (NIAID), produced and then tested the 1974 experimental hepatitis B vaccine given to gay men in New York City and Blacks in Central Africa. This then was the contract that most plausibly delivered AIDS to the world. I explained that we even have Dr. Hilleman on tape admitting virtually the same horrendous fact. "I'll pass this information and documentation on to Senator Daschle," she promised.

Minutes later I sat with Republican Senator Michael DeWine's public health researcher Persis Sosiak. Having received her Master of Public Health degree from Yale, Ms. Sosiak easily followed my presentation of the documentation that proved Dr. Robert Gallo (the alleged discoverer of the human AIDS virus (HIV-1) in 1984) had actually supervised the Army's sixth top biological weapons contractor, named above, to engineer these types of viruses during the late 1960s. They simply used crude laboratory methods to recombine monkey cancer viruses with RNA and DNA from immune system destroying viruses from other species. Cats and chickens were most commonly used for this purpose.

"In fact," I explained, "the unique immune suppression cancer complex that Gallo et al. spent most of their time and money studying during this largely funded, mostly secret, "Special Virus Cancer Program (SVCP)," was the leukemia_lymphoma_sarcoma immune suppression cancer complex that never existed on planet earth in human beings prior to the first AIDS cases in 1978." The SVCP ran from 1962 to the mid 1970s.

Ms. Sosiak appeared somewhat stunned, but remained very courteous when she repeated what I had heard already twice earlier. "I can't promise anything," she said. "But I'll review the information and discuss it with Senator DeWine."

Next, I presented Brenda Brackman, a Legislative Fellow for Representative Ike Skelton of Missouri, with our Gulf War Syndrome videotape and another entitled "Emerging Viruses and Vaccinations" for the congressman's review. Mr. Skelton listened briefly as I explained our grassroots initiative to petition Congress to "Investigate Toxic Biological and Chemical Exposures of American Citizens." "You're in good hands," the senator said, intimating Ms. Brackman would delve adequately into the evidence.

Another Missouri representative, Congresswoman Karen McCarthy, had staff writer Amy Shollenberger meet with me next. Amy, a seemingly intelligent woman in her late twenties said she recognized the urgency of the information I brought. Yet, like the others, she was unable to promise anything on behalf of the Congresswoman.

Last, but not least, Norman Singleton from Texas Senator Ron Paul's office sat to discuss the issues. Senator Paul, a staunch

supporter of consumers' access to nutritional supplements, was unable to meet with me personally as he was busy campaigning for his reelection. Norman, however, was well versed in the issues traditionally advanced by the National Health Federation which I support.

In fact, Mr. Singleton had just gotten off the phone with John Hammell. John phoned from Europe to report on the most recent Codex meeting. Hammell relayed to Senator Paul's assistant that he had videotaped Food and Drug Administration officials' latest efforts to "harmonize," that is comply, with the World Health Organization's vitamin, mineral, and herb dosage limits. All of this was taking place, of course, behind closed doors and American consumer's backs.

Mr. Singleton informed me that in light of the Clinton scandal, the impending impeachment hearings, plus Congress's upcoming recess, our petition would not likely receive any attention before 1999.

This is 1999. It's time to act. If you agree, call, write, fax, and e-mail the legislators cited in the side bar. The letter is there to help you get started.

Dr. Len Horowitz is co-chair of the NHF's legislative committee. The author of

more than 100 articles and 10 books, including the bestselling hardcover "Emerging Viruses: AIDS & Ebola_Nature, Accident or Intentional?," Dr. Horowitz travels to more than 100 locations annually to wake people up. He is an outstanding speaker; one of healthcare's most riveting. To obtain more information about his books, tapes, and schedule, or to help co-sponsor this important political action initiative, please call toll free 1-800-336-9266.

What Can You Do?

Below is a list of addresses and telephone numbers for the legislators mentioned in Dr. Horowitz's report. Please feel free to contact them, or any other elected official, with the following letter supportive to our petition. Also, you can e-mail or fax your letters to legislators, by accessing Dr. Horowitz's website at <http://www.tetrahedron.org> and then linking to several political action websites listed.

The Honorable Representative Maxine Waters of California
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Continued on page 36



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Continued from page 35

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The Honorable Representative Ike Skelton of Missouri
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The Honorable Representative Ron Paul of Texas
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LETTER TO CONGRESSIONAL REPRESENTATIVES

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I am deeply disturbed by the revelations presented in the "Petition for the Congress of the United States to Investigate Toxic Biological and Chemical Exposures of the American People." This petition, being advanced by the National Health Federation, and numerous other consumer health and advocacy organizations, best explains why increasing epidemics of cancer and auto-immune diseases have resulted from ongoing toxic biological and chemical exposures to citizens, often with the full knowledge and endorsement of

federal agencies including the Food and Drug (FDA), the Centers for Disease Control and Prevention (CDC) and the National Cancer Institute (NCI). Clearly, these stunning historic and scientific facts raise the urgent need to investigate the powerful chemical and pharmaceutical industrialists who continue to intoxicate humanity while achieving their economic and political objectives.

Now that you have been made aware of these disturbing facts, and ongoing public health crisis, we trust that you will act quickly and responsibly to bring this issue to the floor of the U.S. Congress and begin formal investigation hearings as soon as possible.

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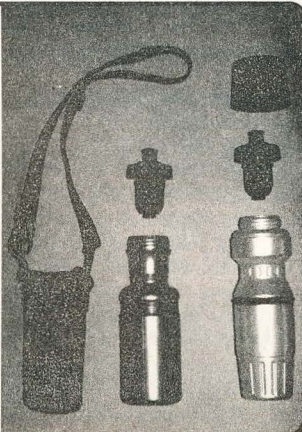
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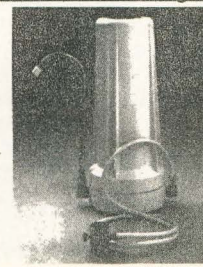
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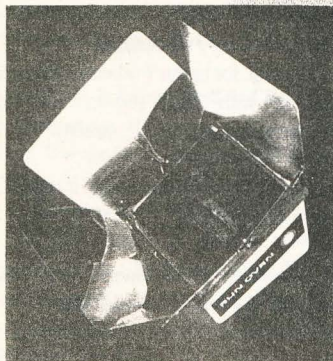
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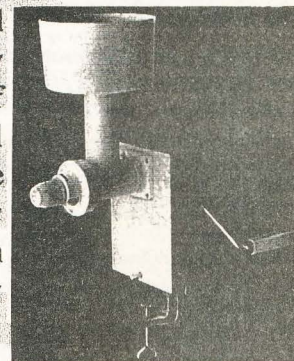
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Dehydration Made Simple, Mary Bell

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Fruit Drying with a Microwave, Isabel Webb,

Publ. Sterling Publishing Co., Inc., 387 Park Avenue South, New York, NY 10016

- full instructions for dozens of recipes and photos to introduce you to this quick, easy method of drying fruit in the microwave

Home Food Dehydrating, Jay P. & Shirley Bills,

Publ. Horizon Publishers, Inc., PO Box 490, Bountiful, UT 84011-0490

- techniques for dehydrating food storage items

How To Dry Foods, Deanna DeLong,

publ. HP Books, Box 5367, Tucson, AZ 85703

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Just Add Water, Barbara G. Salsbury,

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T.V.P. (Textured Vegetable Protein): 1 can bacon bits TVP, 1 can beef TVP, 1 can chicken TVP, 1 can taco TVP
Cooking Essentials: 2 cans white sugar, 1 can shortening powder, 1 can chicken bouillon, 1 can creamy soup base, 1 can iodized salt, 1 can baking soda, 1 can Rumford's baking powder

The Premium One Year Food Supply includes:

Fruits: 1 can apple slices, 1 can raisins, 1 can applesauce, 1 can banana slices, 1 can fruit mix, 1 can strawberry flavored apple flakes 2 cans orange drink mix, 2 cans apple drink mix, 2 cans peach drink mix
Vegetables: 2 cans instant mashed potatoes mix, 2 cans diced potatoes, 2 cans hashbrown potatoes, 1 can tomato powder, 1 can chopped onions, 1 can diced carrots, 1 can sweet garden peas, 1 can mixed vegetable stew, 1 can green beans
Grains & Legumes: 3 cans blueberry muffin mix, 3 cans buttermilk pancake mix, 3 cans chocolate fudge brownie mix, 3 cans elbow macaroni, 3 cans spaghetti noodles, 3 cans egg noodles, 3 cans 6-grain pancake mix, 3 cans enriched white flour, 3 cans whole wheat flour, 3 cans cornmeal, 3 cans 6-grain mix (rolled), 3 cans creamy wheat cereal, 3 cans cracked wheat, 3 cans indian bread scone mix, 3 cans honey white bread roll mix, 3 cans granola (nut mix), 3 cans instant oatmeal, 1 can ABC soup mix
Dairy Products: 6 cans fat-free dry milk, 2 cans scrambled egg mix, 1 can cheese blend, 1 can creamy soup base, 1 can instant chocolate pudding, 1 can instant vanilla pudding, 1 can instant banana pudding
T.V.P. (Textured Vegetable Protein): 1 can sausage TVP, 1 can bacon bits TVP, 1 can taco TVP, 1 can beef TVP, 1 can chicken TVP
Cooking Essentials: 3 cans cocoa mix, 2 cans butter powder, 2 cans margarine powder, 3 cans white sugar

Just-Add-Water Cooking!

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An Introduction to Grain Mills

By Veda Bunch

This article is written from a "Preparedness Mindset" to help you to know what to look for in a grain mill before purchasing one.

First, I want to quickly familiarize you with the basic parts of a mill. The "hopper" is what you pour the grain into. The auger is what feeds the grain to the burrs (not all mills have one). The burrs are the part of the mill that does the grinding (the most crucial part), one is stationary and one rotates. The adjustment mechanism can be a knob, lever, screw, etc. and it sets the closeness of the burrs to one another and determines the coarseness of the flour or ground product you desire to get from your mill.

Next, you need to know that there are 3 basic types of grain mills on the market for home use. One with stone burrs, one with metal burrs and one with micronetic milling heads or chambers (high tech/high speed) instead of burrs. I'll be explaining the pros and cons of all 3 types as I introduce each individual grain mill.

I've used grain mills to grind our own grains and legumes for over 20 years now. I have tested many of them to be able to recommend the best one for each individual's particular needs. Even though I know I haven't seen or tried them all, I do believe that the following mills are the best for their particular type and price bracket. If there are any of you out there reading this review and manufacture your own mill or know of one that you feel should be given equal time... all you need

to do is send me one demo unit with all its data and background.. I'll put it through its paces and do a follow-up review including it. My address is given at the end of this article. ...And if I really like it, I'll sell it for you!

Now, for a brief explanation of the 3 basic types of grain mills:

Stone burrs come in 2 types - natural quarried stone and man-made. Now there are debates as to which one is better for you. The natural quarried stones are usually granite and are cut and ground into the size and shape that each mill manufacturer requires. The quality of stone used will determine whether or not the stone will chip, crack, or glaze (get a smooth glassy edge that will not grind anything). Glazing happens when you grind with a stone mill for a long period of time allowing the stones to heat up. Then as the grain goes through the hot stones some of the flour adheres to them and melts onto the stone's surface creating a smooth glassy surface. All stone mills have the potential of doing this if you grind too long at a motorized speed. By hand you just can't grind fast enough for this to be a concern.

The man-made stones are a combination of clay and aluminum oxide which are fired in a kiln just as you would to make dishes. There have been concerns raised because of the aluminum oxide content and related health problems concerning aluminum. Unless this is of real high concern to you - they are, in my opinion, the better grinding burr because

they are much stronger than natural stones. They rarely chip and simply don't wear out or grind down as fast. In fact the two stone mills I'll be reviewing have patented stone designs that show hardly any wear at all, even after years of heavy use. Man-made stone burrs do not absorb the oils as readily as natural stones do from products such as soy beans, etc. But, even so, remember... stones and oily or wet grains/legumes don't mix.

Metal burrs are made from many different kinds of metal, high carbon steel being the strongest. The fineness of the grooves in them determines the quality and consistency of flour they will produce. I'll discuss these as I go through each individual mill.

Also, with metal burrs you can have different shapes. The most common being the flat plate shape. The other is a cone shape. I've found with many cone shape burrs that they tend to wear out faster and most mills with these burrs don't have enough adjustment to them to allow you to keep getting a fine grind after they start to wear down. Therefore all you are left with is a coarsely ground flour which is fine for some baking projects or main dishes but not for bread. So be sure to get at least one set of replacement burrs when purchasing a cone burr mill, when it isn't made from stainless steel or high carbon steel.

One very important thing to know about metal burrs is that you can grind anything with them.

Continued on page 46

An Introduction to Grain Mills: continued

Continued from page 45

Dry, oily, wet, it doesn't matter. The quality of the burrs is going to be the determining factor in purchasing the best metal burr mill.

The third and final type of mill I am going to introduce you to are the high speed ones that have computer balanced stainless steel micronetic milling heads or chambers that work on a totally different concept. They mill at such high speeds that they actually explode the grain into flour instead of grinding it. The major draw back with these is that they require electricity and for those of us that believe electricity may not be something to count on, that is a definite concern. There are 4 additional draw backs to these mills: 1) noise level, 2) flour dust (if you don't have everything put together just so-these mills like to spew flour all over your kitchen, 3) just flour is all you can get from these mills (for those of you that want a mill that will also give you cracked grains for cereals you won't be happy with this type), 4) high temperatures of the flour product is a concern to many and these mills do make the flour come out warm to hot (130°-165°) depending on the hardness of the grain that you are milling and what quantity you are running through at a time.

What is excellent about these mills are the speed in which you get flour and with no effort on your part. You can get 1 cup of flour from these mills in under 20 seconds!!!! The flour from these mills are a very even consistent grind with which you can make beautiful bread.

Now that the introductions have been made and you understand a little bit about their differences, let's get into the specific mills that I have chosen.

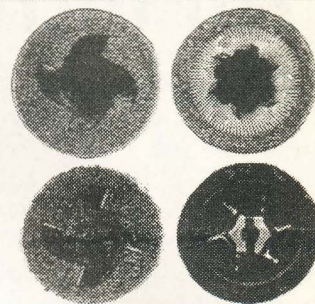
Stone burr mills

My favorite stone grinder is the Golden Grain Grinder (GGG) and it has been around since the '70's. Some of you may recognize it as the original Magic Mill. At one time it was marketed under the Magic Mill name. At that time it was made with a different cabinet style and stones. This mill is now manufactured exclusively by Kuest Enterprises here in the U.S. It is now made with an Early American styled wooden cabinet and has new improved man-made stones in it as well. They are designed to resist chipping and glazing. The stones are patented because they have stainless steel knives imbedded in

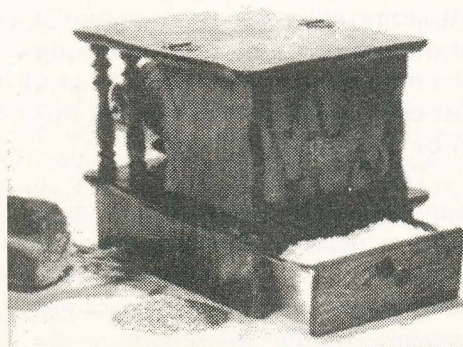
them (see photo: Set A) which do the initial cracking of the grain before the stones grind it into your choice of flour or cracked grains (infinitely adjustable with a handy lever at the rear of the mill). The pair of stones are set in the mill vertically with the stationary (feeding) stone in front and the rotating stone behind. Over the stones sets the hopper plate. The hopper holds 6 cups of grain. From there it is fed through the hole in the hopper plate into the hole in the stationary feeding stone and after being ground it falls into the stainless steel drawer that has a 40 cup or 10 lb. capacity. It's dimensions are 15" H x 12.5" W x 20" D and its weight is 50 lbs. It has a 10 year warranty on the motor.

To give you an idea of the quality of these stones - we are a family of seven and grind all our own flour. We have owned our present GGG for over 7 years now and when I compare a brand new set of stones to the ones in my mill they have no noticeable wear at all. I've spoken to others that have had their mill longer than that and have had the same positive results. There are two main reasons that I use this mill. The first is that I do like the convenience of electricity and will use it as long as it is available to me. I can pour the grain into the mill and go about my daily routine while the mill does all the work for me. But, this mill can also be hand operated with a small bar hand crank that fits into the key slot in the shaft at the back of the motor. This has come in handy when after blizzards we have been without electricity for days at a time. I personally prefer a fly wheel hand-crank for hand milling and have made one available for this mill (\$65). The second reason is that unlike the high speed electric mills that I mentioned before, this mill will give me a wide range of flour textures or cracked grain. This is perhaps the most versatile self-contained mill that I know of.

Electrically you can grind 1 cup of wheat into bread flour in 1 minute. It's quiet, all you hear is the grinding of the grain there is no motor noise. By



Set A: Golden Grain Grinder
Set B: Golden Nugget



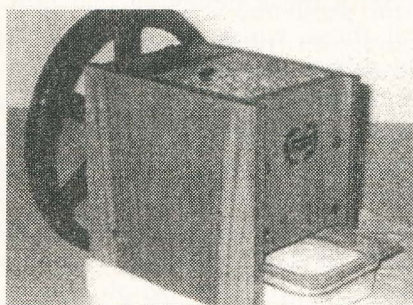
Golden Grain Grinder

hand I can grind 1 cup of wheat into bread flour in 6 minutes.

If you are purchasing a mill only for the purpose of using it in times of emergency this would not be my choice of mill for you. The hand cranking takes too long even though it is the easiest one to crank. This mill's main draw back besides the hand milling time is its size and weight. Its place in our kitchen is on the floor and it doubles as a stool!

The GGG has a little brother that just made it out on the market in 1997. The Little Golden Nugget (LGN) has no motor thus you save money. The stones are designed slightly different in that instead of stainless steel knives there is an actual steel burr impregnated into the pair of stones (see photo: Set B). These do the initial cracking of the grain before coming into contact with the stones which grind it into fine flour. Like the GGG it has an adjustment lever which allows you to get an infinite number of textures, from pastry fine to just cracked grains. It is set just inside the fly wheel. You, the customer, helped to get this mill out on the market. You and my persistent nagging.... that is! I had so many customers wanting the GGG but without the motor... so now you have it. With this mill you can grind 1 cup of wheat in 4 minutes. The LGN is like the GGG as far as how easy it is to turn, but because of its design you crank it counterclockwise. The LGN must be mounted to a solid surface. Since it is made with a 12 " V-grooved flywheel it can be motorized.

Its dimensions are 10" H x 7.5" W x 10 1/2" D (the wheel extends 4" beyond the D measurement and will need to hang over the counter 1 1/2"). It weighs 24 lbs. The hopper holds 3 cups, and the flour drawer holds 4 cups. The LGN sells for \$289.

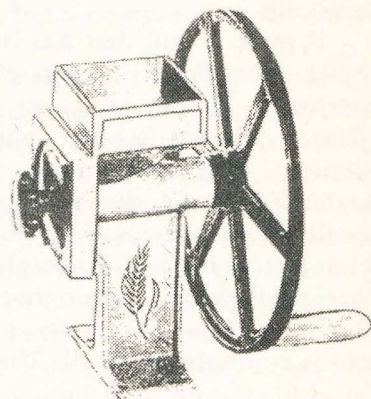


Little Golden Nugget

Steel Burr Mills

The next mill I want to introduce you to is also made in America. The Country Living Grain Mill (CLGM) has plate burrs (4 3/4" diameter) made from high carbon steel and have very fine grooves in them. This is the tell tale difference between a good metal burr mill and an "El-Cheap-O" or one that is only good for making corn meal and no flour to speak of. It has sealed industrial ball bearings which should supply a lifetime of service. It turns 1 cup of wheat into flour in just 2 minutes (by hand - with optional power bar - explained later). The mill is capable of giving you any texture of flour to just

cracked grains by just turning the adjustment knob at the front of the burrs. It's best to start out very fine at first and then back it off as you see the need. It is difficult to go from coarse to fine when there is already grain between the burrs (this is true of any mill). It has a 12 inch V-belt fly wheel so that it can be motorized or attached to an exercise bike. There are two optional pieces that are not included with the mill. The first one is the Power Bar (a piece that I personally think should be standard equipment). It attaches to the wheel where the handle normally



Country Living Grain Mill

goes and the handle then attaches to the end of it. What this simple device does is to turn the 12" wheel into the equivalent of an 18" wheel without the expense and bulk. Therefore you have a greater amount of leverage and don't have to work as hard to turn the crank. With the power bar it is a very easy mill to grind with. It's not bad without it for that matter, but if you want your wife and/or children to enjoy using this on a regular basis—get the bar! The second optional piece is the Nut and Bean Auger which is necessary if you plan to grind very large beans or nuts (e.g., lima, kidney, almonds, etc.). The CLGM weighs 18 lbs. and must be bolted to a solid surface to be used. The CLGM sells for \$369, Power Bar \$26, Nut & Bean Auger/Pestal \$30.

The Diamant grain mill was originally brought over from Denmark by the Amish in the 1920's. It is the only 100% cast iron grain mill that I know of. It's built like a tank but operates very easily. The output with this unit is 1 cup of wheat in 1 1/2 minutes. It comes with "standard" cast iron burrs (5 1/4" diameter) that are very finely grooved. This unit can give you the variety of grinds from beautiful pastry fine flour to just cracked grains. You will need to bolt this 58 lb. mill to a very strong grinding surface (remember it is heavy cast iron). It's dimensions are 14" H x 14" W. It has a 16" V-Belt fly wheel that can be motorized. This one is not cheap - \$565. We have seen the price of this mill increase dramatically in the past 4 years and we certainly don't see a reversal in this. Plus, the availability has been very sporadic, at best. The company in Denmark that manufactures this mill is small and has had trouble keeping up with the demands that U.S. customers have placed

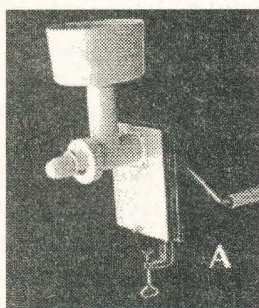
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An Introduction to Grain Mills: continued

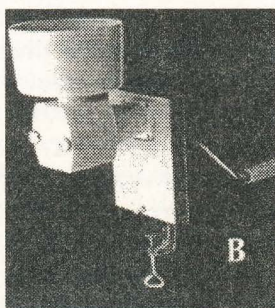
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on it. So, if you want one, order it while the getting is good!

Now to a mill that has been around for over 25 years. The Family Grain Mill (FGM) is made in Germany by a company called Messerschmidt. Those of you familiar with the Bosch Kitchen Center will recognize the name as the manufacturer of the attachments for it. The high quality and precision goes without saying. It has cone burrs made from high carbon steel (surgical steel) which are better than stainless steel in that they don't lose their edge nearly as soon and they are very finely grooved. The plastic that it is made



A: Family Grain Mill



B: Family Flaker Mill

of is the equivalent to the U.S. Lexan (very durable). Even though it is very strong the warranty information tells you not to grind extremely hard products with this mill such as popcorn, but this is true for any non-100% metal grinder. The adjustment knob at the front gives you all the textures you will need to make any baking or cereal product. The flour we've ground with this mill made great bread. Its base clamps onto any surface up to 3" thick. To this base you can use the various attachments: Grain Mill, Flaker, Vegetable Slicer/Shredder, & Meat Grinder.

I've recently put this mill through its paces in grinding everything from wheat, oats, soy beans, flax seed, rice, kidney beans, corn (not popcorn), coffee to peanuts. It does a wonderful job. I ground 1 cup of wheat in 2 minutes.

I then tried the flaker and it too, did not disappoint me. I have used and sold the Marga Oat Roller (\$79) for many years, but for your money the combination of the Family Mill and Faker is a much better buy and less clutter in the kitchen (only 1 base).

The Vegetable Slicer/Shredder is another great attachment and comes with 3 interchangeable drums. Not only does it do vegetables, but cheeses, nuts,

chocolate and more. I haven't had the opportunity to use the meat grinder yet, but I'm already sold.

The FGM is lightweight (3 lbs.), durable, easy to clean, easy to operate, and not nearly as pricey as some of the other mills. The hand operation of it is definitely not as smooth as grinders that have a fly wheel hand crank. But for this type of grinder and for its price range (\$169 mill only, \$249 mill & flaker) it is my #1 choice.

One more perk about this mill is that a motor base is available (\$160), it is made by Bosch (110V; 60H) permanent magnet motor, 150W. Gears reduce the 7000 RPM to 300 RPM. It's very quiet and grinds at a very low temperature. Grinding 1 cup of wheat using the motor took 2 minutes.

Moving on to the small "backup" mills. Many people are out there selling these mills without giving you the facts! The two mills I'm speaking of are the Back-to-Basics and the Corona. Please don't buy either of these believing you're going to mill all your family's grain, beans, etc. with them for any extended period of time. They're fine for backup mills to your electric mill for short term power outages, a weekend cabin, etc., but not for long periods of time.

I've spoken to many people who have purchased one of these believing that they were going to grind all these whole grains for their family and getting healthier because of it! After about a week & sometimes even after the first grinding session they were sadly back to store-bought bread and the mill was back in the box! They just grind too slow or too hard. But, like I always tell our customers when speaking about grain mills, "Make sure that if you have several different locations where you have whole grains stored be sure you have a mill there, too." And for practical (\$\$\$\$) purposes that will have to be a small backup mill. The cost of this mill is \$79.

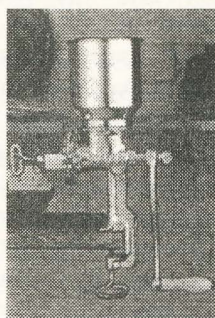
Now as to the description: The Back-to-Basics mill is only 2 1/2 lbs. and 13 inches high. It's built sturdy and compact and adjusts from fine to coarse flour textures with just a twist of the knob on the handle. It is a cone burr made of stainless steel. About the only part of this mill that will need to be replaced over time will be the nylon bushing (\$2). So, you might want to get an extra one at the time you purchase the mill. You will grind 1 cup of wheat in 6-7 minutes. The hopper holds 2 1/2



Back-to-Basics Mill

cups. The Back to Basics Mill and the Jupiter Hand Mill are basically look-a-like mills. They are very similar in use, but the Jupiter is more expensive.

Many of you might recognize the Corona as something your grandparents had. It's been around for many years. I'm not sure as to where it was originally manufactured but it is now made in Columbia with some parts made in the U.S. It is made from durable cast-iron and has an electro-tinned non-toxic finish. The Corona is available in several different models with various options. We just took the basic model and added all the preferred options and sell it as the Corona King Convertible (\$89). It comes with a tall 8 cup hopper and both sets of plate burrs. The steel burrs for cracking grains and stone burrs for flour. With the stone burrs you can grind 1 cup of wheat in 3 minutes. I do not recommend the steel burrs for flour purposes because you would need to grind the grain once then sift it, and pour the un-ground portion back through a second time. The reason for this is the quality of the steel burrs. The mill weighs 15 lbs. and it's what I refer to as a hard crank, (it is not for the weak). Do not expect women or children to enjoy using this one. This model does have one perk that no other mill that I know of has, a dehulling burr (\$40) for removing the hulls from sunflower seeds, oats, barley, rice, etc. It's a rubberized burr that you use in conjunction with the rotating stone burr. It works fine except that both the hull and meat fall into the same bowl and you have to do the separating.



Corona Mill

Now, please don't take this article as the last word as far as the little "backup" mills go. This is my personal opinion. We've met a lot of old timers that have expressed their love for the Corona. They've used it for years and don't mind the amount of energy they have to expend to mill with it.

Seriously, if one of the small "backup" mills is all you can afford, buy it! One of these is a whole lot better than using two stones. I've tried that too! Ugh!

High Tech/High Speed (Electric Only) Mills

The third type of Grain Mill works on a totally different concept. They don't grind the grain, the grain is actually exploded. They can turn 1 cup of grain into flour in just seconds. These mills do not give you cracked grains.

There are basically three models out there at this time that I know of that use this technology. The K-tech Kitchen Mill, the Grain Master Whisper Mill, and the Magic Mill. Their prices range anywhere from

\$199 to \$299. All 3 are manufactured in the U.S. If you can get past their noise level and the dust (caused by not having everything properly in place or cleaned) these are great mills. The Whisper Mill has the noise level of a vacuum cleaner. The K-Tech and the Magic Mill have been compared to that of a jet.

These machines are similar to stone burrs as to what grains you can grind with them. Rule of thumb, nothing oily or of a high moisture content. The temperature of the flour product from each of these mills is another concern. Manufacturers of other types of grain mills claim that these mills lose a lot of the grain's nutritional value not only by the heat but also by the oxygenation of the flour through their air fluffing milling process. I'm no nutritionist or have a way of testing this but it seems to me that if you are going to use the flour immediately after milling it, what real percentage is lost? Now there is a real concern about storing flour... Most people who know anything about the benefits of milling your own flour already know that you lose 80-90 percent of the

nutritional value within the first 72-96 hours after the grain has been broken. So basically if you mill flour and store it all you are left with after time is the fiber. The nutrients stay alive and



Grain Master Whisper Mill

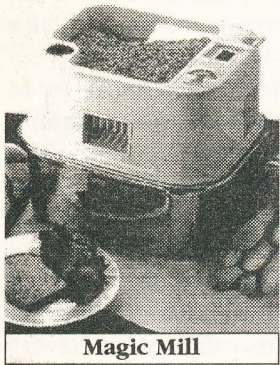
viable for untold years just so long as the grains stay intact. So store whole grains and buy a good mill.

To address the noise level of these mills... Our children were small when I first owned these types of mills and nap time and bread making time just always seemed to coincide! I would simply take these lightweight mills to the outside plug-in, remove the foam filter system (this makes them run a little faster/also lets a small amount of flour spew out) and run it for 5-10 minutes and have enough flour to make 4 loaves of bread in my Bosch Mixer. The Whisper Mill was the exception, it didn't make enough noise to warrant taking it out. My second daughter is now the main bread maker in the family and she prefers the K-Tech Mill and the Zojirushi Bread Machine.

I've personally owned all three and have been very pleased with their speed, the consistent fine flour they produce and durability. So if you're

Continued on page 50

An Introduction to Grain Mills: continued



Continued from page 49

wanting to get into grinding your own grain the easiest, fastest way at this time, these mills are great. Just don't forget they require electricity... If I were to pick my favorite out of these three electric models it would have to be the K-tech model. Reasons: #1) This company had the first patent on the home version of this milling

process. #2) I like it's compact, one-piece design.

Now, I've given you a brief overview of 10 mills that are out there on the market today for home use. What I look for in a mill is efficiency - durability - and though this may sound odd - price is not the key factor. After you have to use a mill everyday by hand, that \$100 - \$200 that you saved initially won't seem worth it. What will be important is that you have a mill that everyone in your household enjoys using and that it gives you a consistent texture of flour.

All the mills mentioned in this article we personally sell (with the exception of the Jupiter and the Magic Mill) because we feel they are the best in their price category and mill type. After looking at many of the probable scenarios for the future I have chosen 2 favorites, both of which are non-electric. The Country Living Grain Mill and the Family Grain Mill, depending on your family size and how portable you want your mill to be.

Other related Info.

For those of you interested in rolling your own soft grains (oats, etc.) or making cereals the following are available. The Marga Oat Flaker (pictured) is made in Italy and does a wonderful job (\$79). The Bosch Universal Kitchen System has an attachment that is made by Messerschmidt that does a great job (\$110). And of course the Family Grain Mill/Flaker mentioned earlier is my first non-electric choice, not only because it does a great job, but also because with one manual base you can have so many options.

The Homemade Pasta Roller by Imperia (made in Italy) is so easy and so quick you'll wonder why you haven't made pasta before (\$55). Don't buy an electric pasta maker. They are too expensive, noisy, and they waste dough in the auger part of the

machine!

Favorite Cookbooks (in no particular order)

"How To Live On Wheat" by John Hill (64 pgs - \$5)

"The Bread Book" by Ellen Johnson (230 pgs - \$17) covers many grains

"Make A Treat With Wheat" by Hazel Richards (67 pgs - \$7) everything imaginable from wheat

"The Amazing Wheat Book" by LeArta Moulton (222 pgs - \$15) Making great tasting meat substitutes with wheat gluten.

You'll need to store herbs and spices for these great recipes.

"Amazing Grains" by Joanne Saltzman (202 pgs - \$13) Explains all grains, lots of good whole grain main course dishes.

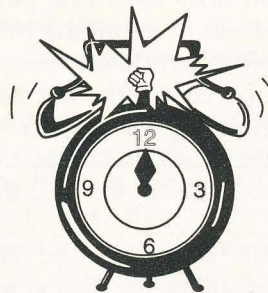
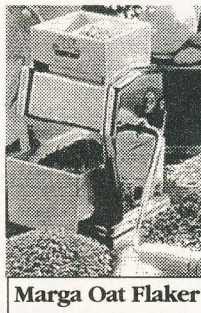
"Bean Banquets" by Patricia Gregory (237 pgs - \$13)

Ever have pumpkin pie made from pinto beans?

"Pasta Tecnica Cookbook" by Pasquale Bruno, Jr.

(122 pgs - \$13) The best pasta cookbook we've found and lots of photos!

Now as to how much and of what to store, my best recommendation is that you purchase James Stevens' book "Making the Best of Basics" (240 pgs + 80 additional yellow pages full of suppliers and



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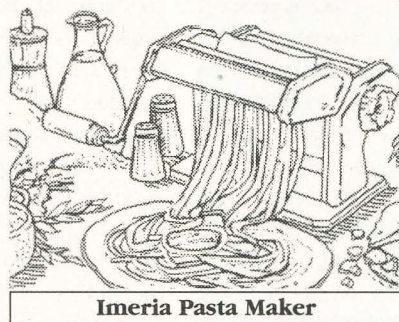
<http://lowcostliving.com>

resources). It is full of charts to help you know what you need to do for 1 year for your personal needs. His new book "Don't Get Caught With Your Pantry Down" (over 350 pgs - \$30) is great too, and has featured articles by the "experts" of their field.

As to the best wheat to use for making bread, you need a high protein wheat. The higher the protein the higher the gluten content and the more elastic the dough will be. Therefore, the less crumbly the bread will be. Have you ever had a sandwich made from 100% whole wheat that as soon as you lifted it to your mouth it crumbled to bits? Or have you ever made a loaf that was so heavy that even the family pet turned his nose up in the air? Use high protein wheat or use a Gluten additive (27 oz. can - \$8) and Dough Enhancer (21 oz. can - \$7.50). These are available in #10 long-term storage cans also.

My family prefers the Prairie Gold (formerly Golden 86) from Wheat Montana Farms out of Three Forks, Montana. It has a lighter taste than your hard red wheats. Contact them directly for their best prices on bulk orders 1(800) 535-2798. Otherwise contact your local food co-op, food storage supplier, or health food store.

Durham wheat should be used to make pastas, cookies, cakes, anything other than bread. You don't



need or want the high gluten in these products. As to how you should best store wheat and other whole grains and legumes, we leave that up to the "experts". We've personally just left the Prairie Gold as is when we purchased it in buckets. Other grains we've added bay leaves to the buckets to keep insects in check. Other buckets we've done the "dry-ice" method. It may be our climate, but we've only had one bucket of organically grown corn, that we did ourselves, go bad and that was because it wasn't dried out properly. It molded and got buggy (no bay leaves!).

A word to the wise. The demand for grain mills and preparedness products has increased dramatically and availability has become a problem since Y2K and other issues have finally hit the national media. We have seen mill orders that used to take only 2 weeks to arrive now taking 10-12 weeks. It's getting nuts out there, so don't wait like the foolish virgins (Matthew 25:1-13) and be too late. Remember, the Bible says that you are no better than an infidel if you can't provide for your own family.

Veda with her husband, Ron, started Christian Family Resources over 20 years ago. They went mail order about 10 years ago. In the past 5 years they've taken their business on the road to various Homeschool Conventions and The Preparedness Expos. If you wish to receive their mail order catalog of 50+ pages you must write for it (\$3): Christian Family Resources, P.O. Box 405, Kit Carson, CO 80825; (719) 962-3228. Hours are 1:00 - 5:00 pm (Mountain Standard Time) Monday-Friday.

COMPARISONS: MILL SPECS & OPTIONS

MILL NAME	1 C WHEAT/ * (?) MINUTES	EFFORT	BURRS	HOPPER SIZE CAPACITY	MOTOR **	MADE IN:	PRICE AS OF 1-1-99	DIMENSIONS	WT.	WARRANTY	ADDITIONAL COMMENTS
Golden Grain Grinder <i>Electric/Can be hand cranked</i>	By Motor: 1 minute By Hand: 6 minutes	Very Easy (smooth with fly wheel?)	Man-Made stone with imbedded steel knives	6 Cups	included optional flywheel	USA	\$429	15" H x 12.5" W x 20" D	50 lbs.	10 years on motor & stones	has its own drawer (stainless steel) 40 cups capacity
Golden Nugget	4 minutes	Very Easy (smooth)	Combina- tion: Stone & Steel	3 Cups	Optional (customer supplied)	USA	\$289	10" H x 7.5" W x 10 1/2" D	24 lbs.	1 yr.	must be mounted, plastic drawer holds 4 cups
Country Living Grain Mill	2 minutes	Med. Easy (smooth)	Hardened Carbon Steel Plate Burrs	5 Cups	Optional (customer supplied)	USA	\$369	13 1/2" H x 10" D x 12" W	18 lbs.	20 yr. not including burrs	must be mounted, Optional pieces: Power Bar \$26 N & B Auger \$30
Diamant	1-1 1/2 minutes	Med. Easy (smooth)	Cast Iron Plate Burrs	8 Cups	Optional (customer supplied)	Denmark	\$565	14" H x 14" W	58 lbs.	2 yr.	must be mounted, Additional Burrs: Extra Fine \$65 Coarse \$65
Family Grain Mill	2 minutes by hand or motor	Med. Easy	Hardened Carbon steel cone burrs	8 Cups	can be ordered w/ & w/o	Germany	\$169	20 1/2 H x 6" W x 15" D	3 lbs.	5 yr.	Other attachments available: Flaker, Vegetable grater, Meat grinder, electric motor base
Back To Basics	6 1/2 minutes	Easy	Stainless Steel	2 1/2 Cups	no	China	\$79	13" H	2 1/2 lbs.	2 yr.	only recommend as a backup
Corona King Convertible	3 minutes	Med./Hard	Steel	8 Cups	no (although it has been done)	Columbia/ USA	\$89	19" H x 6" W x 15" D	15 lbs.	2 yr.	convertible from stone to steel burrs dehuller burr available

* This was determined by a nice easy pace done 3 times & an average taken. 1 cup wheat ground to bread flour in (?) minutes

** Any mill with V-belt flywheel can be powered by a exercise bike with V-belt

Your Water, Your Hormones

By Diane Carson

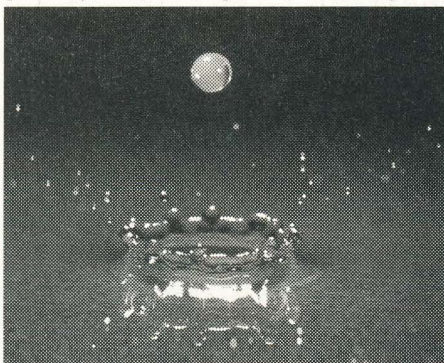
Would you knowingly drink water that had chemicals in it that could change your health and the health of generations to follow? Many Americans assume, or hope, that their tap water is pure. These blind faith assumptions could be dangerous to your health, and the health of your children and grandchildren.

There is expanding evidence that commonly used chemicals are invading our waters and are altering sex hormones in humans, reptiles, fish and birds, which are either living in and or consuming these waters.

Based on emerging evidence, a summary of some modern medical and environmental findings might read like this: Prostate problems are increasing in men, and breast cancer is on the rise in women. There is an increase in other cancers and birth defects, stunted growth, reproductive failure, smaller penises, endometriosis, tubal pregnancies, damage to the immune system, loss of muscle tone, weakened reflexes, impaired short-term memory, decreased ability to concentrate, lower IQ's, and violent behavior. Sperm counts are declining in humans, animals and reptiles. Alligators are being born with deformed genitals, male carp are growing female sex organs and frogs are turning up with abnormalities as horrific as eyes sprouting in their mouths, and extra legs. Birds are hatching with no eyes and deformed beaks, or extra beaks. An ever-increasing body of research has begun to suggest that all these problems, ranging from bedroom to pond, may be some how related.

Researchers around the globe are asking whether the chemicals and pollutants that are part of our "modern life" are acting as imposter hormones—"xenoestrogens" or Endocrine Disrupters, as these chemicals are coming to be called. They are altering people, animals, reptiles and birds, sometimes dramatically, sometimes subtly. Our hormones govern much of life, in areas

such as intelligence, behavior, reproduction, and digestion. The potential implications of artificial hormones surging through bloodstreams around the globe are enormous. The endocrine system is a complex system of body organs and tissues whose actions are coordinated by secreting chemical messengers called hormones directly into the circulatory system. The endocrine system influences, regulates and controls metabolism and many of the body's processes. The glands, which make up this complex system are as follows: pineal, pituitary, thyroid, parathyroid, thymus,



adrenal, pancreas, ovaries, and testes. If these chemical messengers are disrupted by hormone mimicking chemicals, then the body organs receiving the messages are going to be affected, most likely negatively. The evidence strongly suggests that "gender-warping" chemicals actually boost or block testosterone and estrogen, thus damaging sex organs. The evidence has been mounting steadily, and it has become a main focus of both environmental and health debates.

Laboratory tests on wild animals show that several dozen man-made chemicals, even at fairly low levels, can damage a fetus' hormones and sexual development. The adults may be unaffected by the exposure, but the damage can be passed to the next generation. One prime example is the deformed frog problem which initially started occurring in Minnesota and has now been found in Wisconsin, North and South Dakota,

Quebec and as far away as California and Vermont. Minnesota is the hot spot of frog deformities. During 1996, fifty-four of the state's eighty-seven counties reported sightings of the deformed frogs. Some researchers collected fertilized frog eggs, put them into clean waters and when they hatched the deformities were there, indicating that genetic changes had occurred.

A report by the U.S. Geological Survey indicates that the upper Midwest, along with California, is home to the highest concentrations of atmospheric pesticides (herbicides and insecticides). The Endocrine Disrupters can get into water supplies in various ways. Since many Endocrine Disrupters are herbicides and insecticides, agricultural run-off can carry these chemicals to water supplies. Some Endocrine Disrupters are the products of industrialization. These chemicals may get into our water supplies through varied means, such as illegal dumping and burying of toxic wastes, leakage of storage tanks, or accidental spills. Many of the Endocrine Disrupters have no smell, taste, or visible characteristics. Endocrine Disrupters are virtually undetectable in drinking water.

When certain Endocrine Disrupters (pesticides such as toxaphene and chlordane) are combined in drinking water, they become hundreds of times more potent, according to a study cited in Science magazine. This represents an unholy merry-go-round-type system where the compounds are sprayed upon the earth, flushed into surface water and groundwater; picked up by evaporation, spread by spray drift or wind erosion, and recycled back to earth through the water cycle and dry deposition.

Atrazine, which is an herbicide, is particularly concentrated in the atmosphere above the Midwest farm states. The Des Moines Register reported that clouds, which are atrazine-laced, are common over much of the upper Midwest. In these areas, scientists estimate that as

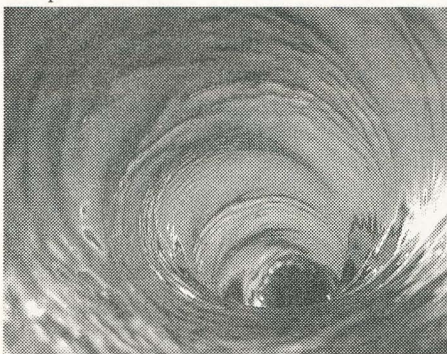
high as 75 percent of all pesticides end up in the atmosphere, from where they return to random areas of the earth.

Scientists are finding that many of these compounds remain in the environment for years. When they break down, the degraded compounds are sometimes more toxic than the original products. The Environmental Protection Agency is responsible for banning one-fourth of the most toxic pesticides from the market over the past 25 years. It has routinely approved 10 new ones for each one removed. DDT, one of these banned pesticides, is still the most detected in the atmosphere at all of the testing stations. Aldrine and toxaphene, which were both banned, have been detected in the atmosphere at half of the test sites.

In a report titled "Weed Killers by the Glass" the Environmental Working Group has stated that people are "routinely exposed to many different pesticides in a single glass of tap water at levels that exceed federal health standards." The tests reveal widespread contamination of tap water with many different pesticides at levels that present serious health risks. In 8 cities more than half of the samples which were collected exceeded the federal standards for atrazine and cyanazine. The cities cited in this study are as follows: Danville and Decatur, IL; Indianapolis, IN; Columbus and Bowling Green, OH; Jefferson City, MO; New Orleans, LA; and Kansas City, KS. Six samples taken from the Danville, IL. Municipal water contained cyanazine levels, which were more than ten times the federal standards. Atrazine was found in tap water in 28 out of 29 cities tested. Four or more pesticides were found simultaneously in the tap water of 21 cities. The average level of weed killers in tap water in 13 U. S. cities exceeded federal standards. Infants and children are exposed to unsafe levels and mixtures of pesticides in infant formula, juices and drinks reconstituted with tap water. During the six week long study it was estimated that 45,000 infants in 29 cities drank infant formula reconstituted with tap water which was contaminated with weed killers. There are no monitoring requirements for the so-called "unregulated contaminants." Cyanazine is one of these contaminants and in the above study cyanazine was found at levels exceeding federal health advisories more often than any other herbicide.

After presenting the above information I would like to pose another thought. I speak with so many people who get their tap water from their private wells. Many of these individuals quickly assure me that they have great water because they are on a well. Could this possibly be a "FALSE SENSE OF SECURITY?"

It is obvious that there is a major problem, which appears to still be "in the making." What can the average consumer do to protect themselves and their families?



According to the Environmental Working Group, the only reliable technology that can effectively remove V.O.C.'s (volatile organic chemicals,) including certain Endocrine Disrupters, is Activated Carbon. Public utilities, generally, are using chlorination and sand filtration as a mode of water treatment. These methods do nothing to reduce Endocrine Disrupter levels in the consumers' tap water. In fact chlorine is being viewed as an Endocrine Disrupter.

Public awareness of the need for "point of use" (in home) water purification for our families have greatly increased. The need becomes even more glaring in the light of contaminants, which cause a disruption of the endocrine system. How does one choose a safe and effective drinking water filtration system? Will the cheapest filter from my local discount store do the job? Can we believe the claims of a filter manufacturer's packaging or literature? What filtering technology should a person select from? Granulated carbon, reverse osmosis (RO), distillation, ceramic, or solid carbon block, among others.

NSF International, an independent, not for profit, 55-year-old testing organization is one of the sources you should be aware of and consult with concerning your water qualities. NSF is to water filtration what Underwriter's Laboratories (UL) is to electrical appliances. Just as you would probably not consider purchasing a non UL

approved electrical appliance, the same discernment should apply to your selection of a water filtration device.

As a credible third party certifier of health products, NSF puts water filters through rigorous laboratory tests. NSF certification also means systems must continue to meet NSF's requirements. This is why they conduct unannounced inspections of company facilities three or four times each year and randomly select and test filters right off the manufacturing line. If quality has not been maintained, they will work with the respective company for a period of time to get them back to the previous standards. If this is unattainable again, the certification will be withdrawn for those filters.

NSF has multiple standards—and many standards comprise multiple classifications of filter performance. For example: Standard 42 (Aesthetic Effects) indicates filters that remove taste, odors and chlorine (but are ineffective for THM's and other health related contaminants). Standard 42 has three levels, Class 1 being the most effective. Standard 53 has six levels, Class 1 again, being the most effective. A company may claim its filter meets NSF Standards 42 and 53, but the rated filter may be in the bottom classification of both standards! A filter manufacturer may also make many wonderful claims and then state "Tested to NSF Standards," or "Tested beyond NSF Standards." This is what I consider very creative writing, because it usually means that for some reason the company has not qualified for NSF certification. Learn to read between the lines and go to the source (NSF) for a list of certifications. You will find at the end of this article the website address and the mailing address for NSF International. The website is updated every 24 hours. If you write them they will send you a consumers packet on water filtration devices for a minimal fee.

Another claim that you will see is Water Quality Association (WQA) approved. Once again, this is a very valid claim, but often the explanation of this is vague. WQA merely tests for the integrity of the filter's housing as well as some testing on the actual filter pertaining to the removal of chlorine. If WQA approval is obtained it means the housing for the filter is such that it will not explode under the pressure that water filtration puts on a unit. They do not test for

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Your Water, Your Hormones: continued

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any water contaminants other than chlorine.

What are the pros and cons of the different types of technologies? How does one determine the correct method of filtration for their individual needs? Are you drinking municipally treated water? If so, then request a recent printout from your water board. If you are not on a municipal treated water source, have your water tested by a reputable testing company. Use a company, which has updated equipment. Once you have this information determine which of the following technologies will best suit your needs.

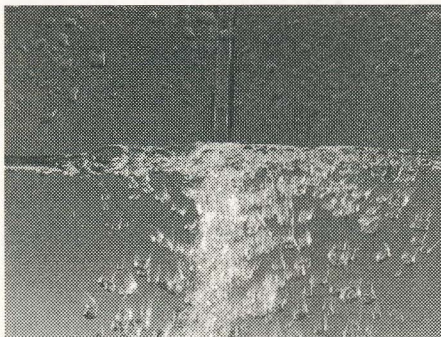
Solid Carbon Block Filter Technology

Considered to be the most effective method for removing chlorine, ammonia, asbestos, cysts (crypto and Giardia), turbidity, TTHM's pesticides and volatile organic chemicals (VOCs), and Endocrine Disrupters. The blend of various carbons is compacted into a dense structure causing every molecule of water to be forced through microscopic pores of carbon, most of which will filter to a sub micron level. In order to eliminate cysts and spores, a filter needs to be certified to filter down to at least 2 microns. It is more comfortable to have it filter to at least 1 micron, as cysts and spores are 4-5 microns in size but are able to squeeze down to 2 microns. This type of filter does not waste water, does not require electricity, does not remove essential trace minerals that are considered beneficial to good health; it also does not add salt or silver to the water; and provides safe drinking water. Note: The solid carbon block filter does not remove nitrates, sodium, or viruses.

Distillation

Removes all nitrates and minerals, including the minerals which are considered beneficial to good health. This method uses a process of boiling water and recondensing the water vapor. Many chemicals are also vaporized and redistilled; thus distillation does not remove these harmful substances. It does use a substantial amount of electricity. The water is generally acidic and it takes several hours to make one gallon of water. It may not make enough water in a 24-hour period to provide drinking water for a family

of 4 (to say nothing about cooking water and water to wash fruits and vegetables, water houseplants and for your pets). Due to the aggressive nature of distilled water the water should be stored in glass, so as not to leach polyvinylchloride (PVC's) from many plastic containers. PVC's are listed as one of the very heavy-duty Endocrine Disrupters. See the June 1998 issue of Consumers Report. "Your Health Hormone Mimics: They're In Our Food; Should We Worry?"



Reverse Osmosis

Removes all nitrates and minerals, including the minerals which are considered essential to good health. RO may be certified to remove some of the heavy metals, but as a general rule, it does not have certification for removal of the heavy duty VOCs, unless an activated solid carbon filter has been added to the system. Four to sixteen gallons of water is wasted to make one gallon of water. This water is stored in a reservoir, which needs to be cleaned periodically. The membranes of an RO system are fairly delicate and can be punctured thereby allowing contaminants to continue being a part of your drinking water, unknown to the consumer.

Granulated Carbon Filter

Removes taste and odor of chlorine and other chemicals, and traps most dirt, rust, sand and silt, but water passes around the carbon instead of through it. Silver nitrate (known to be a toxic substance) is sometimes added to the granulated carbon to inhibit the growth of bacteria, however, its effectiveness is questionable. The addition of silver nitrate does not improve the ability of the filter to physically remove bacteria or other contaminants, especially chemicals. Ceramic (a type of glass) is sometimes added to granulated carbon. Holes are in the glass,

and the size of these punctures determine what size sediment will be removed. Ceramics remove only particulate matter and if the holes are fine enough it will also remove parasites.

Water Softeners

Softeners are neither filters nor purifiers and are used only to change the water hardness. Softeners put sodium into the water in exchange for magnesium or calcium ions. A softener will average about 400 pounds of salt usage per year. (This salt eventually ends up in our water supplies or ground water.) Several states have outlawed the salt water softeners and other states are sure to follow suit. It is recommended that water softeners be bypassed when installing a drinking water filter.

The national market has over 500 water filter manufacturers making a variety of claims as to their products effectiveness. Remember that it is easier and cheaper to make impressive health claims than to make an impressive filter! More criteria to look for is, does the filter carry State Certification from either the State of California Department of Health, Iowa Department of Health and/or Wisconsin Bureau of Building Water Systems? In these states, if a company wants its filter to be sold in that state, then that filter must pass the state's own established batteries of tests.

Does it have NSF certification, and if so for what level of classification and what types of contaminants? Does it have WQA approval? Does the system have a warranty and if so what does it cover? What are the initial investment and the yearly upkeep? Be careful here because that can vary from a few pennies to being VERY COSTLY! All of these standards are protections for you, the consumer. When purchasing a drinking water filter, protect yourself against false claims and "creative writing."

Diane M. Carson, R.N., B.S.N. has a holistic health practice in Littleton, Colorado. She is also an independent distributor for the Multi-Pure Drinking Water System. For further information you can reach her at #303-799-3889. To contact NSF International, write to 3475 Plymouth Road, Ann Arbor, MI 48113-0140. Or find them on their website www.NSF.org.

Installing a Backup Generator

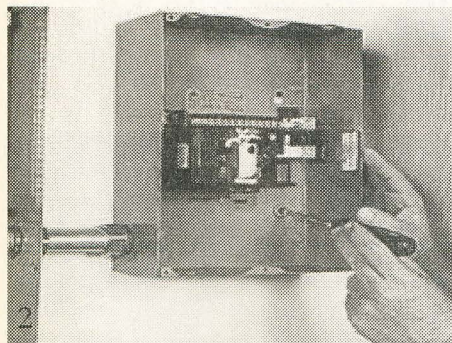
By Merle Henkenius

There's nothing like a power outage to make us realize how much we rely on electricity. Electricity powers the furnace, the refrigerator,



1 Break a knockout from the side of the service panel and install 1-in. conduit or a threaded nipple in the opening.

the TV, the computers, the lighting circuits, the sump pump and, in many homes, the water well, which supplies the showers and the toilets. A prolonged power outage can leave us cold, hungry, bored, unwashed, uncomfortable and largely in the dark. And if you happen to work at home, the financial losses can quickly add up. While an inexpensive

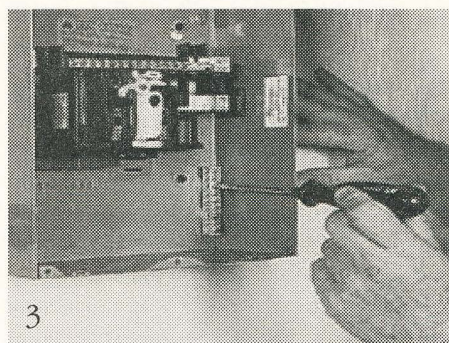


2 Connect the new transfer switch panel to the other end of threaded nipple and secure the panel to the wall with screws.

portable generator will power the TV and a lamp or two, what's really needed is a unit that's large enough

to keep a few important circuits running. The trick, though, is to connect the generator to the household wiring in a way that's safe and convenient. To do the job, we installed a manual transfer switch that routes electricity from either the municipal power supply or the generator to the vital circuits.

A manual transfer switch is actually two switches, or breakers, positioned side by side in an auxiliary panel. One breaker is powered by the main service panel and the other by the generator. Both breakers can feed power to the



3 Install the new panel's grounding bus in one of three prepared locations. Choose the one that's most convenient.

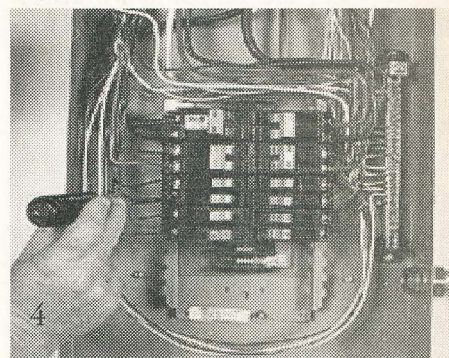
chosen circuits, but not at the same time. The key is a rocking toggle clip that connects both breakers so that when one is switched on, the other automatically shuts off. While both can be off, only one can be turned on at a time, which protects the generator when municipal power is restored.

A transfer switch is not automatic. You still have to flip the switch and plug in and start the generator—but it is affordable. We chose a Square D (Square D Co., 1601 Mercer Rd., Lexington, KY 40511) 4-circuit generator panel,

model QO4-8M30DS-GP, which sells for about \$100 in home centers.

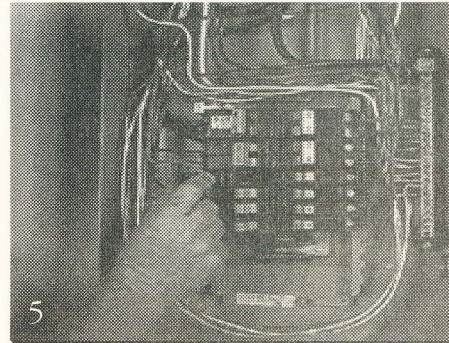
Estimating power

The output of a generator is rated



4 Disconnect the target circuits by first loosening the terminal screw on each breaker. Then, pull wires free.

in watts, and this figure indicates the maximum total power draw of all the fixtures and appliances being served. To determine the size of the generator you'll need, start by totaling the wattage of the lights and appliances on the circuits you'd like to power. Check the labels or owner's manuals for each appliance's rating. Then, add about 20% as a



5 With hot wires disconnected, carefully pry each circuit breaker from its slot on the panel's hot bus.

reserve to handle the increased startup power requirements of most electrical devices.

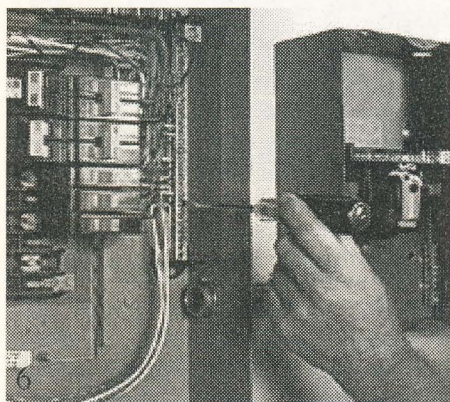
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Installing a Backup Generator: continued

Continued from page 55

In our case, we wanted to power at least two fixtures on a general-lighting circuit (240 watts, when used sparingly), a sump pump (1500 watts), a refrigerator (600 watts) and the blower on our gas furnace (1200 watts). This gave us a practical total of 3540 watts without reserve power.

To meet this demand, we opted for a Sears 4200-watt generator (No. 32674, about \$900). This 7.8-hp unit comes with three fused AC outlets: a standard 120v, 15-amp duplex receptacle; a 120v, 30-amp 3-prong

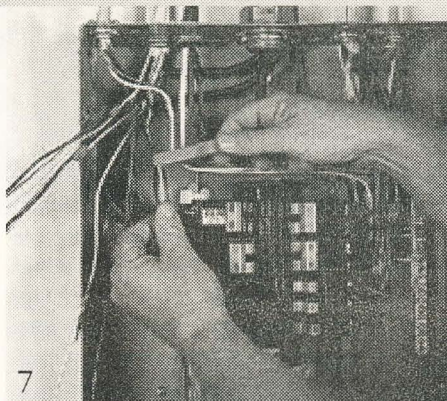


Identify the neutral and grounding wires of each circuit. Loosen the screws that secure them to the bus.

locking-type receptacle; and a 120/240v, 20-amp 4-prong locking-type receptacle.

Our installation

Because gasoline-powered generators exhaust carbon monoxide, they must be operated outdoors. Therefore, we planned to store our generator in our attached garage, and move it outside when needed. To make the electrical connection to the panel as simple as possible, we planned the generator hookup for an outside wall of the garage near the garage door. Here we mounted a box and receptacle that's wired to the new transfer switch panel. We then constructed a 6-ft. extension cord to connect the generator to the outdoor receptacle.



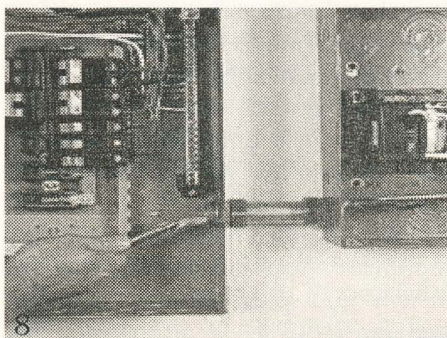
To prevent confusion, isolate the three wires from each circuit and tape them together in the main panel.

Some local electrical codes may require that the cord to the generator be hardwired to the house electrical system. In this case a strain-relief device should be used at the connection.

Mounting the new panel

Begin by shutting off power to the main panel at its disconnect switch and removing the cover from the panel. Remember that while service panels are designed for safety, they should be approached cautiously. Even when switched off, terminals at the main disconnect will be hot and must be avoided.

With the panel exposed, break a 1-in. knockout from the side of the box and mount a short threaded nipple in the hole (Photo 1). Connect the new switch panel to the opposite end of the nipple and anchor it to the wall with heavy screws (Photo 2).

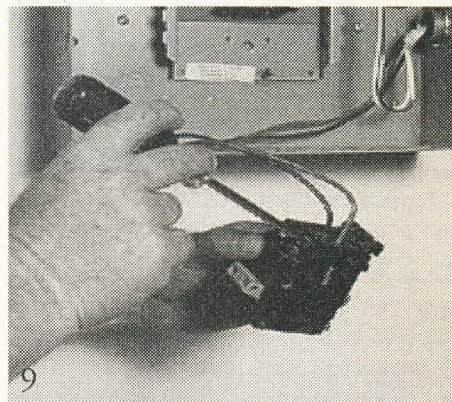


Begin wiring the new panel by pulling 10/4 cable through pipe nipple. Strip sheathing from both ends.

The grounding bus for the new panel comes uninstalled and there are three locations where you can secure it. Use screws to mount the grounding bus in the position that's most convenient for you (Photo 3).

Wiring the panels

Use an insulated screwdriver to remove the hot wire (black) from each breaker that controls a circuit you intend to power with the generator (Photo 4). Then, pry the breakers from the panel (Photo 5). Carefully identify the neutral (white) and grounding wires (bare) from each circuit, loosen their binding



Secure the neutral (white) and ground (bare) wires to the appropriate bus bar in the main panel.

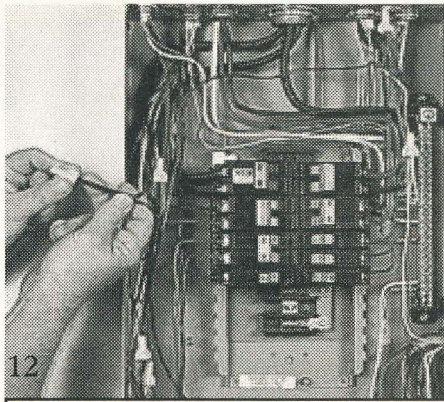
screws and pull them free (Photo 6). With all the wires disconnected, tape together each circuit's hot, neutral and ground wires (Photo 7).

Next, feed 10/4 cable through the pipe nipple (Photo 8) and strip the sheathing from both ends. If you wish, you can use individual 10-ga. insulated wires coded red, black, white and green in place of the cable. Connect the neutral and grounding wires to the main panel's neutral bus (Photo 9). If your panel has a dedicated grounding bus, bind the grounding wire to the grounding bus and the neutral wire to the neutral bus.

To complete the connections in the main panel, attach the incoming red and black hot wires to a 30-amp, 240v breaker (Photo 10) and press

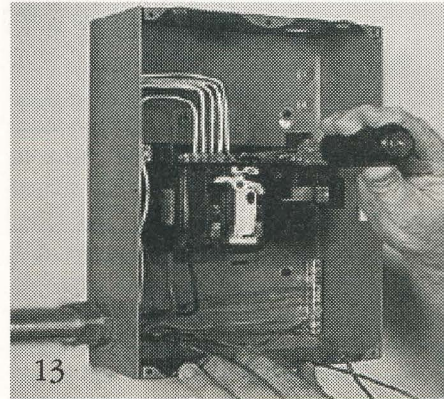
the new breaker onto the panel's hot bus (Photo 11). Remove any breakers stranded at the bottom of the panel and move them up beneath the new 240v breaker.

The connections in the side panel are nearly identical to those in the main panel. Bind the feed line's grounding wire under a grounding bus terminal (Photo 12). Then, connect the red and black wires to one of the panel's 240v breakers and attach the white neutral wire to the



12 Secure the bare ground wire from the 10/4 cable to the grounding bus in new transfer switch panel.

To extend the circuits within the main panel, bring insulated wires (black, white and green) through the connecting nipple, strip about 5/8 in. of insulation from each and join the new wires to the existing circuit wires with twist connectors (Photo 13). When you're done, tuck the wires neatly against the outer edges of the panel. In the side panel, attach the white neutrals to the neutral bus terminals (Photo 14)

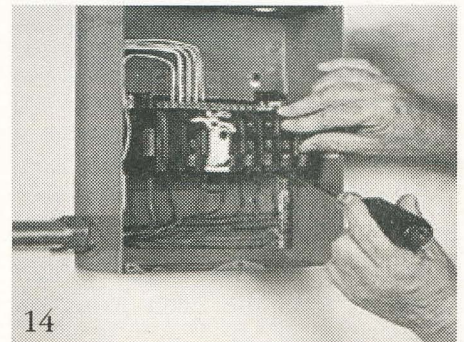


13 To extend circuits, connect wires from new panel to disconnected circuit wires with twist connectors.

and the grounding wires to the grounding bus. Then, connect each circuit's black wire to a breaker in the side panel (Photo 15).

All that remains is to install 10/4 cable that connects the new panel to the outdoor receptacle that serves as a hookup for the generator. In our case, we brought the cable from the panel up the basement wall and through the house rim joist a few feet from the

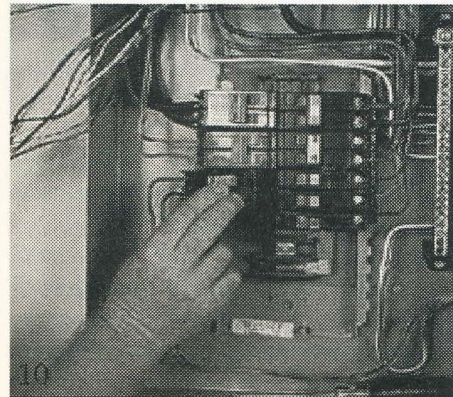
garage door. Begin by mounting a 3/4-in. box connector in the top of the side panel, then run 10/4 cable into the panel through this connector. Staple the cable to the wall above the box, within 8 in., strip the cable inside the box and tighten the box connector (Photo 16). Attach the red and black hot wires to the remaining 240v breaker in the transfer switch panel and join the neutral and hot wires to their buses.



14 In the new panel, bind the extended ground (green) and neutral (white) circuit wires to the appropriate bus bar.

Fill any open slots in the main panel's cover with plastic blanks available at home centers and electrical supply houses. The side panel comes with adhesive labels marked generator supply and utility supply. Stick these labels in place above the appropriate

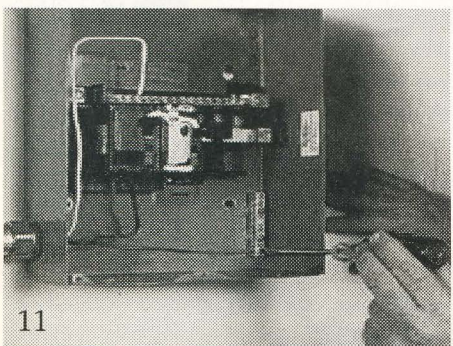
Continued on page 58



10 Connect the black and red hot wires of the 10/4 cable to the terminals of a 30-amp, 240v breaker.

neutral bus near the top of the panel. At this point, the main panel is equipped to power the side panel.

To bring the disconnected circuits in the main panel to the new side panel, the wires must be extended. Codes vary in this regard. Some, like ours, allow twist connectors in the main panel, while others may require that you pull all disconnected circuit cables from the main panel and route them into the side panel, via junction boxes.



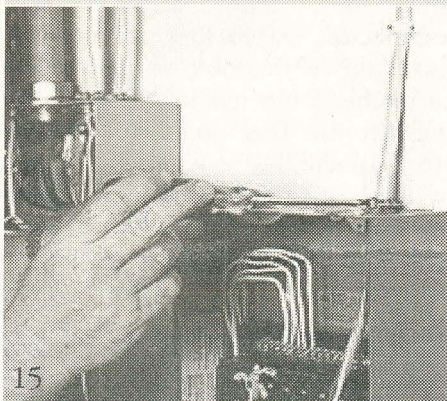
11 To install the breaker, hook its base over the panel's retainer clip. Press until breaker seats over the bus tabs.

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Installing a Backup Generator: continued



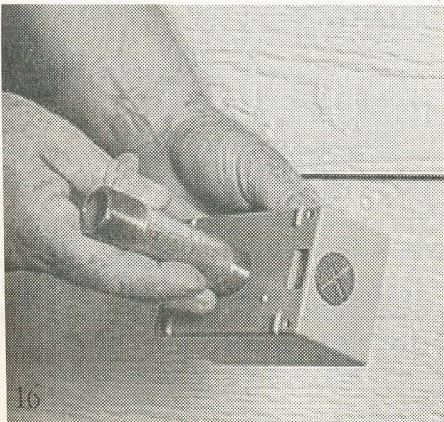
15 To complete the connection at the side panel, secure each black circuit wire to a 120v breaker.

Continued from page 57

breakers of the transfer switch. Follow by labeling each circuit rerouted from the main panel on the side panel.

Connecting the generator

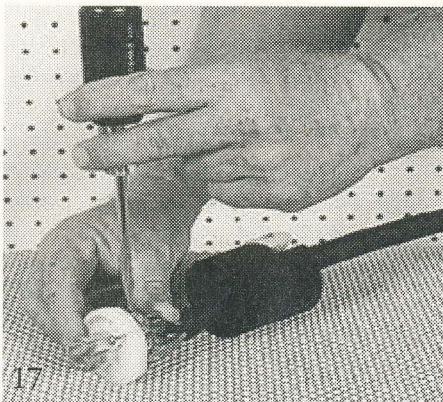
To install the generator hookup, first bore a 1 1/16-in. hole through the rim joist and pull the 10/4 cable through this opening. Then, thread a 3/4-in. galvanized nipple into the back of a weather-tight exterior box (Photo 17), feed the cable through this nipple and screw the box to the wall. To protect the siding, carefully caulk around the perimeter of the box. With the box installed, cut the cable to length and strip the sheathing from the last 8 in. Then install a flanged power inlet in the box. (We used a Hubbell inlet,



16 Feed 10/4 cable through a 3/4-in. box connector at top of side panel. Tighten connector to secure the cable.

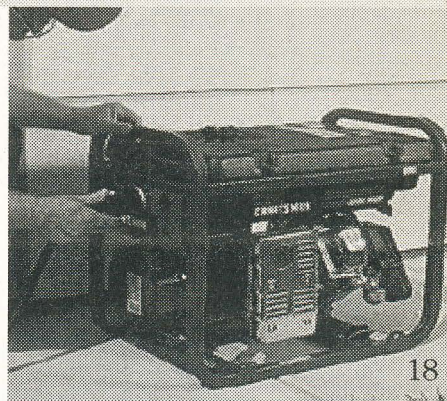
NEMA L14-20P) This is nothing more than a male plug instead of a receptacle.

A variety of flanged inlets are available for this situation, but it makes sense to choose one exactly like the one on the generator. This not only simplifies the selection process, but it assures a compatible prong configuration and load rating. Attach the red and black hot wires to the inlet's brass terminal screws, the white neutral wire to its silver terminal and the green grounding wire to the green terminal.



17 Thread a 3/4-in. nipple into the outdoor receptacle box. Insert the nipple through hole in the rim joist.

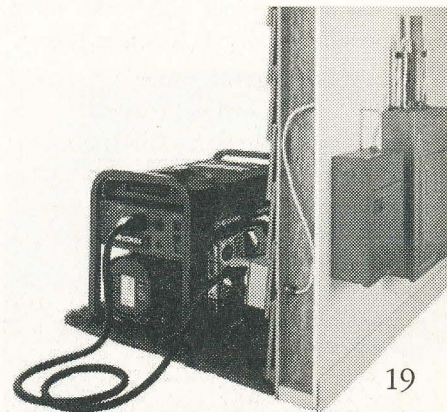
The extension cord we built has a male plug on one end and a female plug on the other. Make it with 6 ft. of



18 Secure extension cord wires to plugs. Attach hot wires to brass screws, white to silver screw and green to green.

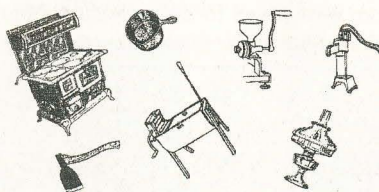
rubber, water-resistant 10/4 cord with stranded wires. Strip 1 1/2 in. of sheathing from each end of the cord. Then, strip 1 1/16 in. of insulation from each wire. Slide the wires into the color-coded terminal slots on the plugs and tighten the terminal screws (Photo 18). Again, the red and black wires go to the brass-colored terminals, white goes to silver and green to green.

With the cord made up, turn the transfer switch to generator supply and plug one end of the cord into the house-mounted flanged inlet. Plug the other end in the generator (Photo 19). For safety, always make sure to plug the cord into the house receptacle and into the generator before starting the generator. And, of course, always shut off the generator before unplugging either end of the extension cord.



19 Move the generator outside and plug the other end of cord into the appropriate receptacle. Then start generator.

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The Limited Liability Company ...and the Pure Trust Connection

By Mauris L. Emeka, MBA

The following carefully researched article was written in order to inform the reader. It is not intended as legal or accounting advice.

For many years, business people and tax planners have desired to have a business entity that combined two main features: 1) limited liability similar to that enjoyed by a corporation, and 2) "flow through" profits where the business profits (or losses) flow tax-free from the business to its owners, similar to a partnership. Countries in South America, Europe and Asia have had such business forms for many years, but not the USA. Finally, in 1977 Wyoming state adopted statutes providing for such a business form called a Limited Liability Company (LLC). Florida adopted LLC statutes in 1982, and in 1988 the IRS (in revenue Ruling 88-76) allowed the properly structured LLC to be taxed as a partnership instead of as a corporation. Since that ruling, all the states except Vermont and Hawaii now have statutes allowing for LLCs.

LLCs are similar to limited partnerships, except with the LLC no partner (i.e. member/owner) has personal liability for the acts of a properly structured and properly run LLC. In other words, if the LLC is sued, the liability does not extend beyond the LLC to the personal assets of the member/owners.

There are two types of LLCs. The first is where the members (i.e. owners) of the LLC manage it, and this allows the entity to be taxed like a partnership. This means the profits flow through the LLC and are taxable to the member/owners, assuming they are in a taxing status. The second type is where the LLC is managed by an outside manager (someone who is not a member/owner), and in that arrangement the LLC is required to be taxed as a corporation. A large percentage of small and medium-sized businesses find it to their advantage to structure the LLC so that it qualifies to be taxed as a partnership.

It's no wonder that more and more businesses are finding the Limited Liability Company an attractive alternative. Obviously, our lawsuit-happy society is the chief factor. This causes business people and private individuals alike to look for ways to limit their liability, so that in event they're sued, the suing party cannot literally walk away with the farm.

Suppose you are a member/owner in an LLC, and a creditor goes to court and obtains a judgement (or charging order) that attaches your interest in the LLC. According

... "the LLC member/owners' liability is limited to the amount of money they have invested"...

to IRS Revenue Ruling 77-137, the creditor cannot exercise the charging order and get money out of the LLC unless you as member/owner officially decide to take the money out. And as a member/owner of the LLC, you have the authority to stop disbursements from being paid out if you are sued. The same Revenue Ruling 77-137 provides that the one possessing the charging order (in this instance, the creditor) has to pay the income taxes on what would have been your portion of the profits of the LLC, even though you as owner/manager decided not to take them. So if a charging order is obtained against you as a member/owner, you can refrain from taking profits out of the business for yourself, and instead pay a spouse or another family member, or work as an independent contractor of the LLC. Or, you could borrow funds from the business. In essence, Ruling 77-137, combined with various member/owner options will effectively discourage many who would seek to sue the LLC.

So again, by effectively limiting one's liability and obtaining flow through tax treatment on profits, a person can obtain

some significant advantages with this new form of business.

LLC Pro's & Con's

Advantages

- Flow through treatment. Profits, losses, deductions, and tax credits flow through the LLC to the individual member/owners.
- Limited liability. Like shareholders in a corporation, the LLC member/owners' liability is limited to the amount of money they have invested in the LLC. Member/owners are shielded from being personally liable for the acts of the LLC, or for the acts of other member/owners.
- Less formal statutory requirements. There are fewer laws on the books governing LLCs, since they are relatively new.

Disadvantages

- Laws relating to LLCs are in some instances undeveloped, and they are not uniform from state to state. Some of the law relative to this type of entity is not altogether settled in some states.
- A corporation that converts to an LLC would incur serious tax consequences.
- Nontraditional. Since it is relatively new, some people may not be familiar with its operation.

LLC Formation Procedures

Forming an LLC is similar to the process used for incorporation. You are required by the Secretary of State in your respective state to file "Articles of Organization", and to fill out an application for a certificate which would be issued by the state. The one time filing fee is in the range of \$100 to \$300 depending on the state. You must also file a request for a name search to insure that the name you choose for the LLC is not already taken. The LLC will be required to provide a registered agent, and that can easily be one of the member/owners, unless of course, the LLC is formed in another state. In that case, you will have to arrange for the services of a registered agent in that state. There are companies that specialize in being registered agents for LLCs. Their annual fees for this is

The Limited Liability Company: continued

in the range of \$50 to \$100 annually.

Just as corporations adopt Bylaws to govern their internal affairs, LLCs adopt Operating Agreements. One can employ an attorney to draw up the Operating Agreement, or it is entirely possible to search the Internet, libraries, and bookstores and find sample Articles of Organization and Operating Agreements appropriate for use. In addition, the office of the Secretary of State in your state will gladly tell you what statute pertains to LLCs, and again, one can access the statutes in the library or sometimes on the Internet. Ask your Secretary of State's office if statutes for your state are posted on the Internet.

To further limit the liability, it's possible to create additional LLCs for the purpose of owning assets and leasing them back to the main operating business. By spreading the assets, it reduces the risk of losing them all in a lawsuit where one or two LLCs are targeted.

In this example, Pure Trusts (PT) #1, 2 are the member/owners of both LLCs. The Pure Trusts are managed by trustees or their agents. It is also possible for individuals, corporations, or other LLCs to be the member/owners of LLCs #1 & 2. But in our example here, we choose Pure Trusts.

(Incidentally, since a Pure Trust is essentially a contract cast in trust form, it's entirely possible for a Pure Trust to create another Pure Trust, or for a Pure Trust to be unitholder/beneficiary of another Pure Trust).

This arrangement is particularly attractive for construction firms, medical practices, and certain other businesses that own a relatively large percentage of capital assets or that simply want to legally reduce their tax bill.

...The Pure Trust Connection

Most LLCs have two or more member/owners that are individuals, corporations, trusts, or even other LLCs. For our purpose here, we will be concerned with LLCs whose member/owners are contractual entities called Pure Trusts. The Pure Trust is a lawful organization created under the common law right of contract, and not under any statutory provisions of the law. By having two separate Pure Trusts

as member/owners of the LLC, and by having them manage the LLC, this qualifies the LLC to be taxed as a partnership. As a result, the LLC profits (or losses) will flow through to the member/owners.

Another way to view a Pure Trust is that it's a private contract cast in trust form, and it's created in We The People's jurisdiction. Think about this for a moment. When a corporation is formed, the state is one of the parties to the contract. Consequently, the state issues the charter that allows the corporation to operate and have the force of law. On the other hand,

...“In our lawsuit-plagued world, and where taxes continue to loom ever larger, one can easily predict that the LLC will continue to grow in popularity and become the business form of choice”...

when the Pure Trust is created it does not involve the state as a party to the contract, and the resulting entity (the Pure Trust Organization) does not depend on any statute to give it lawful effect.

It is to be noted that a Pure Trust Organization is not required by law to apply for an employer ID number (EIN). Applying for such a number is a voluntary act on the part of the trustee(s). The reader should also understand that this article is not advising for or against applying for the EIN, since that's an issue that the trustee(s) of each Pure Trust decides.

Incidentally, as you may already know, a corporation does not have the option of applying or not applying for an EIN. The corporation is obligated by contract with the state to obtain such a number. The corporation is created within the state's jurisdiction, and not within We The People's jurisdiction.

If a Pure Trust Organization decides to apply for and receives an EIN, only then could it be required to file a tax return. And in that instance, it will want to consult with a tax preparer who is intimately familiar with preparing and filing the form 1041 trust

return. The Pure Trust Organization, since it is not a grantor trust prescribed by statute, is not required to distribute all its profits annually. In that regard, many tax preparers (CPAs included) have little to no experience in preparing the 1041 tax returns of trust entities that are not required to distribute all profits annually. Any Pure Trust Organization that has an EIN should therefore seek the assistance of someone intimately familiar with what the tax code refers to as a “complex trust.”

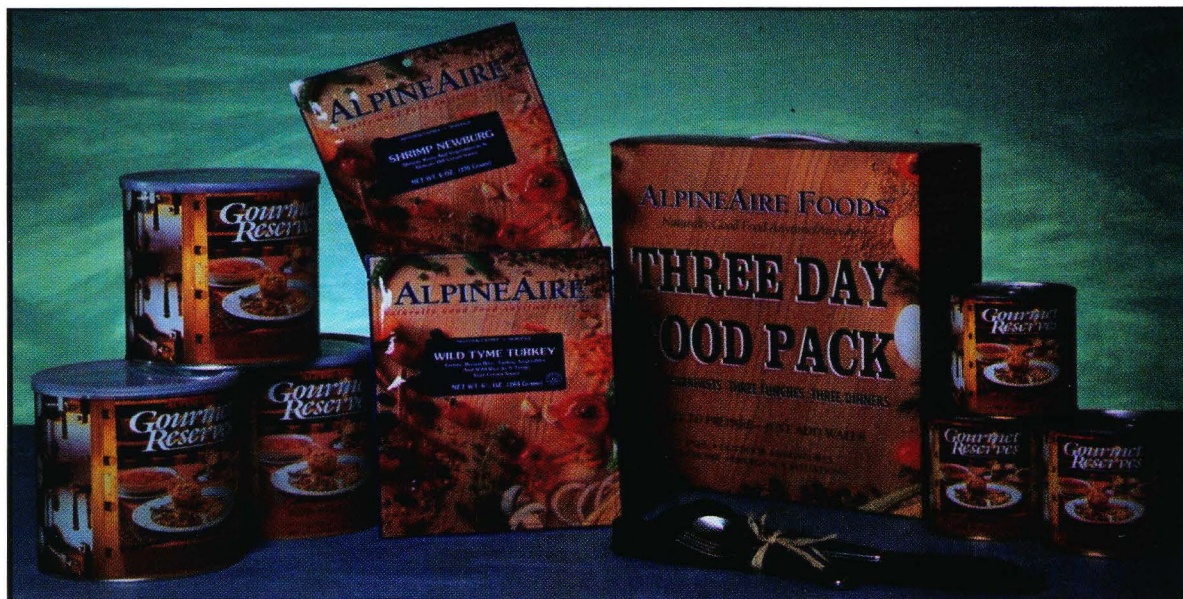
Getting back to the LLC, any profits (or losses) it generates will flow through to the two member/owners (the Pure Trusts). And in case either trust entity has an EIN then (as already stated here) it may be required to file a 1041 tax return. And in that event, the tax treatment of income and expenses allowed by applicable tax code is very favorable.

In our lawsuit-plagued world, and where taxes continue to loom ever larger, one can easily predict that the LLC will continue to grow in popularity and become the business form of choice for more and more small and mid-sized firms. To learn more about LLCs, a user-friendly and well-researched book titled: “Form Your Own Limited Liability Company”, copyright 1998, by Attorney Anthony Mancuso. As for Pure Trusts, the reader can learn more about their benefits and supportive case law by referencing various Internet sources and the common law of our Constitution. Do not expect to learn about the Pure Trust through the usual published medium.

In closing, it is fair to say that: The common law right of contract, and the constitutional constraint against government impairing the obligation of contract are two powerful reasons why the Pure Trust can be made to compliment the benefits and advantages of the Limited Liability Company.

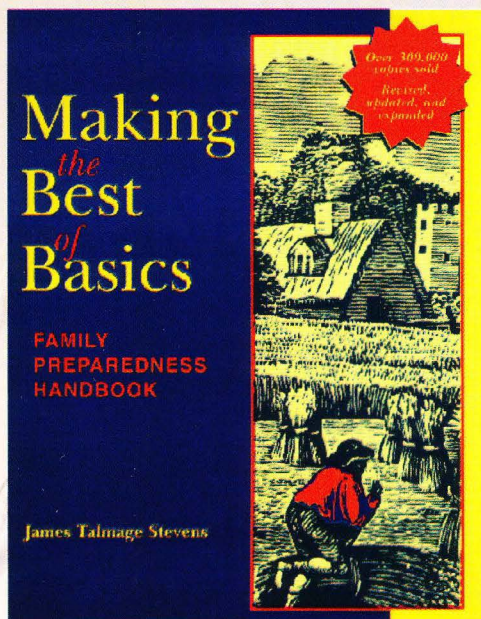
Mauris Emeka is a consultant in the area of asset protection and business formations. He is a published author, and holds an MBA from the University of Washington. He can be reached at (360) 876-5362, or by e mail at: emekam@silverlink.net. Also see website: <http://apollo.apexhosting.com>.

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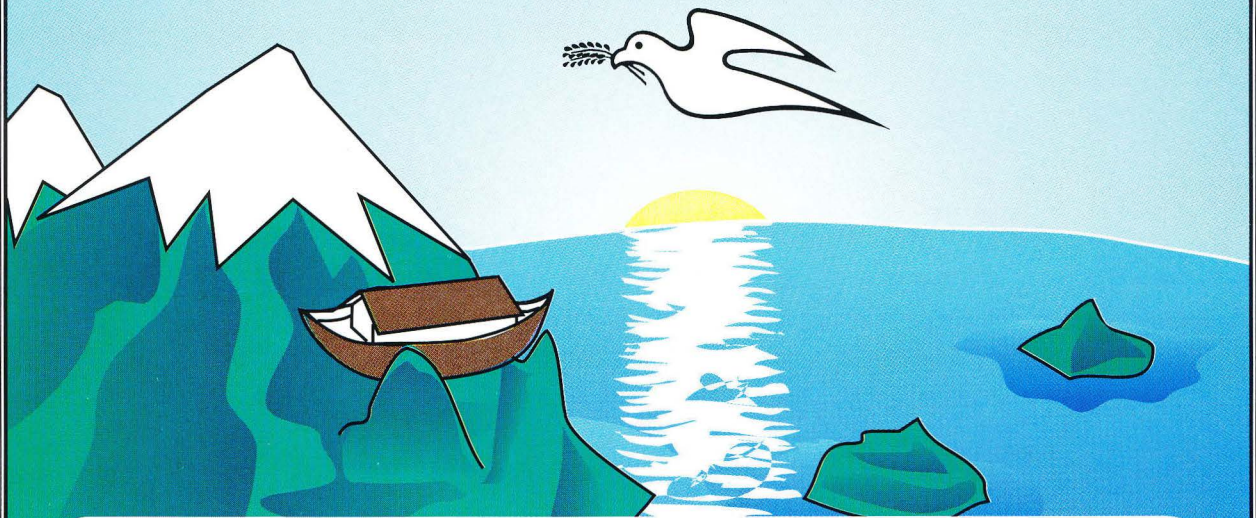
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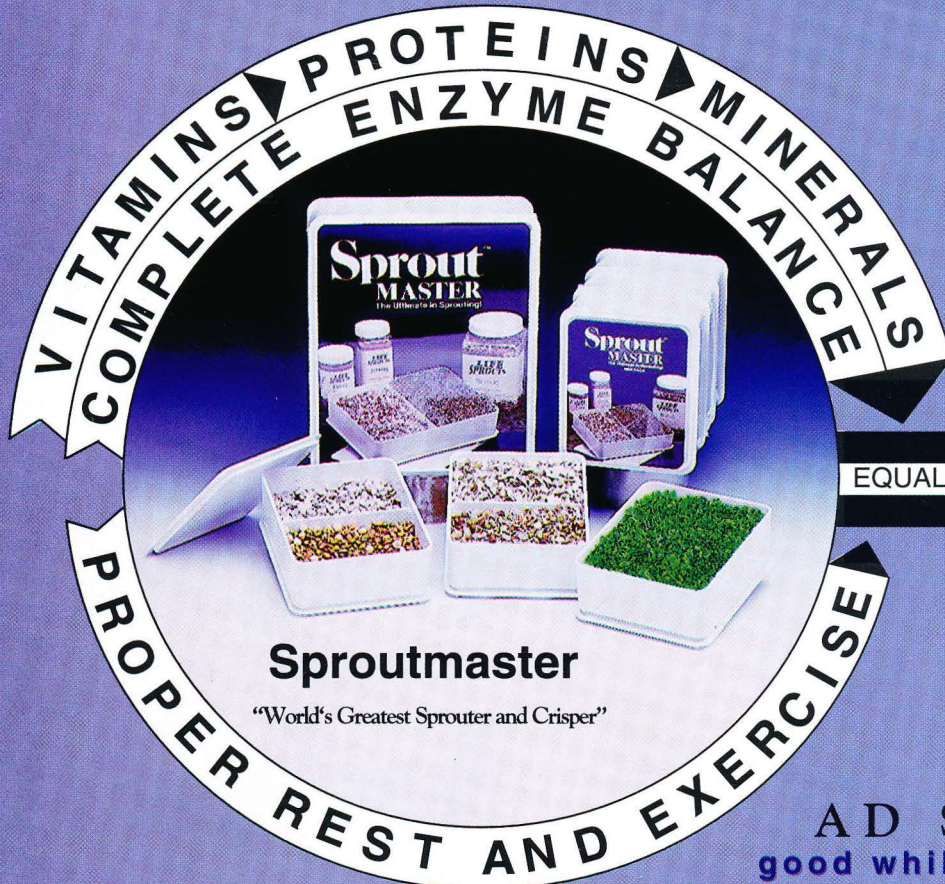


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